

TRADITIONAL FAVOURITES

Steamed fish in parsley sauce **GF S LS**
Served with mashed potatoes and carrot and swede mash

Fish and Chips **E LS MF**
with garden peas

Steamed salmon with Hollandaise sauce **E GF**
Steamed salmon fillet served with boiled potatoes and a green vegetables medley

Cottage Pie **GF S**
minced beef in a rich gravy, topped with fluffy mashed potato and served with fresh carrots and broccoli

Beef lasagne **E LS**
minced beef in a rich tomato sauce with layers of pasta topped with béchamel sauce, mozzarella and cheddar cheese served with garden peas

Lamb & Lentil Stew

Savoury minced lamb **S GF**
minced lamb in a rich gravy, served with boiled potatoes and carrot and swede mash

Roast Chicken **LS GF MF**
roasted chicken breast with roast potatoes, gravy, broccoli, and a winter vegetable medley

Salmon & Tomato Pasta S

Tomato and cheese pasta **S V E**
pasta in a rich tomato sauce with fresh courgette and red pepper, topped with cheese

Chick Pea and Sweet Potato Curry **V E LS GF MF**
Mild chick pea and sweet potato curry served with steamed rice.

Plain omelette **V LS**
a light fluffy omelette served with chips and garden peas

Smaller Portions -

Mini Beef Casserole **S LS MF**
Beef Casserole served with a Dumpling

Mini Pasta Bolognaise **S LS**

Rich Beef Bolognaise sauce served with Pasta

Mini Cauliflower and Broccoli Cheese **GF**
Cauliflower and Broccoli in a Rich cheese sauce

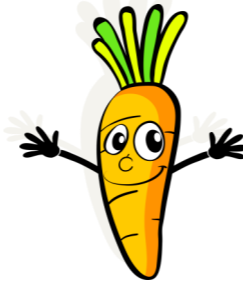


SNACK FINGER FOOD

Fish Fingers and Chips **S LS MF**
Breaded Pollock fish fingers served with chips and fresh broccoli florets
Vegetarian Meatballs and Roast Potatoes **V**
Cheese and onion breaded goujons served with chips, and carrot batons

SOUPS

Cream of tomato soup **V GF S**
Cream of chicken soup **S**



ACCOMPANIMENTS

Salad snack pot **GF**
Spaghetti hoops **V MF**
Bread and butter
Garlic bread **V**
Mixed vegetable medley **GF V LS**
Jacket wedges **V GF**

SNACKS available

Banana **GF V**

Fruit Pot **GF**

Pureed Apple Pot **GF V S**

Quavers **V S**

JACKET POTATOES

Baked jacket potatoes served with a choice of fillings:

Grated Cheese **S GF V**

Baked Beans **GF V MF**

Plain Tuna **S GF MF**

TRADITIONAL SANDWICH SELECTION

All sandwiches available on white or wholemeal bread and a salad garnish is available on request

Tuna Mayonnaise

Egg Mayonnaise **V**

Corned Beef

Ham

Mild Cheddar Cheese **V**

Chicken and Mayonnaise



NUTRITIONAL SYMBOLS

E High Energy. These dishes are particularly high in calories

S Softer. These meals are easier to chew and can be easily mashed with a fork.

V Vegetarian. Suitable for vegetarians

GF Gluten Free. These meals are tested to ensure they are suitable for people with coeliac disease

LS Moderate/Lower Salt. These meals are suitable for people following a diet lower in sodium (salt)

MF Milk free these meals are suitable for children following a Milk Free diet.

Thick & Creamy Yoghurt **V S**

Assorted packs of Biscuits **V E**

Pink Panther Wafer Biscuits **V**

Blueberry Muffin **V E**

Carrot & Orange Finger Muffin **V E**

AFTERS

Served with Custard

Steam Raspberry Sponge **E S V**

Apple Crumble **E V**

Sticky Toffee Pudding

Custard pot **S GF V LS**

Chocolate Custard Pot **S GF V LS**

Thick and creamy yoghurt **V**

Sugar free jelly **LS MF**

Fruit pot **GF V LS MF**

Please ask for details

Fresh Fruit **GF V LS MF**

Please ask for details

Fruit yoghurt **S GF V LS**

No added sugar

fruit yoghurt **S GF V LS**

Cheese and biscuits **V E**

Ice cream **S GF V LS**

Vanilla, strawberry or chocolate

Strawberry mousse **S GF LS**

Mini muffin **V**

Carrot, orange and blueberry

DRINKS

Fruit squash,

Fresh cold milk

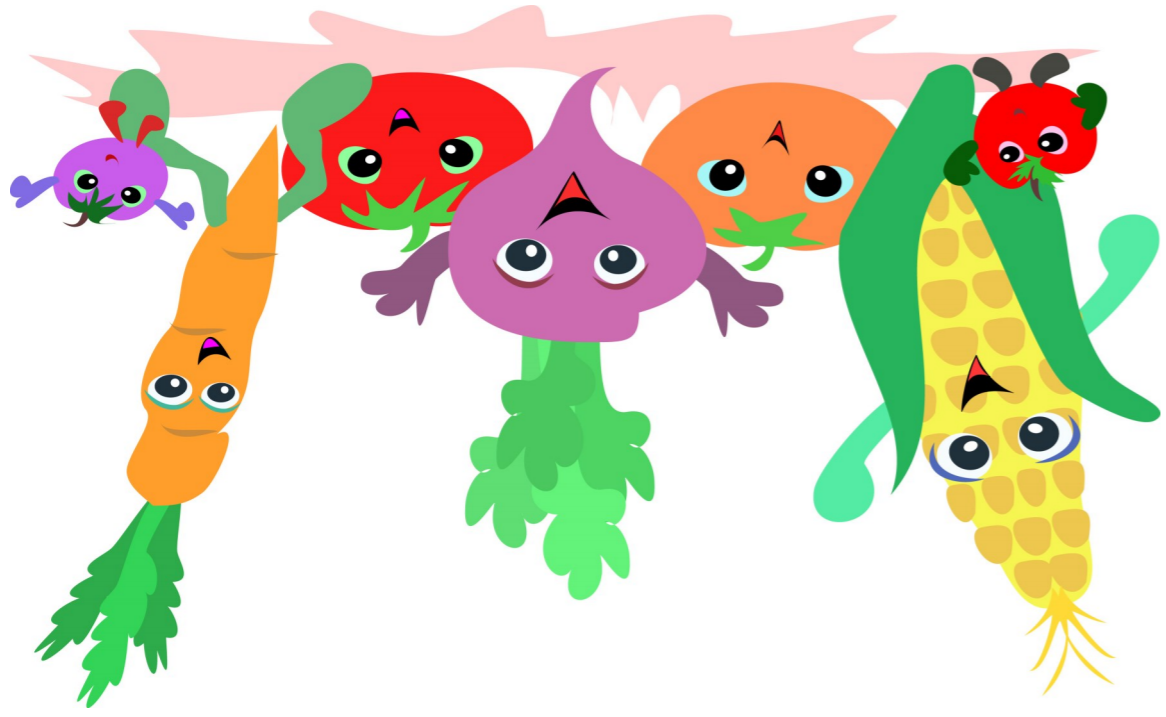
Strawberry Milkshake,

Chocolate Milkshake

Orange or Apple Juice

Water





Lunch & Supper

Children's menu

