

## TRADITIONAL FAVOURITES

### Fish and Chips **E**

Chunky Chips 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 Sliced carrots

### Roast Chicken **GF ♥**

Roasted chicken breast with roast potatoes, gravy, broccoli and Vegetable Medley

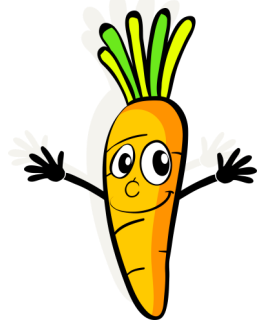
### Cheese and Tomato pasta **S V E**

Pasta in a rich Tomato Sauce topped with Cheddar Cheese

### Chick Pea and Sweet Potato Curry **V E LS GF**

Mild chick pea and sweet potato curry served with steamed rice.

### Beef Chilli Con Carne and Rice **E GF**



## JACKET POTATOES

**Baked jacket potatoes served with a choice of fillings:**

Grated Cheese **S V**

Baked Beans **GF V ♥**

Plain Tuna **S ♥**



## TRADITIONAL SANDWICH

### SELECTION

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

Tuna Mayonnaise **S ♥**

Egg Mayonnaise **S V**

Corned Beef **♥**

Ham **♥**

Mild Cheddar Cheese **V**



### NUTRITIONAL SYMBOLS

- ♥ Healthier Option.** Main course have less than 15g fat per portion, making them suitable for people needing less fat.
- E High Energy.** These dishes are particularly high in calories
- S Softer.** These meals are easier to chew
- 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)

## AFTERS

Custard pot **S GF V LS ♥**

Chocolate Custard Pot **S GF V LS**

Thick and creamy yoghurt **V**

Sugar free jelly **LS ♥**

Fruit pot **GF V LS ♥**

Fresh Fruit **GF V LS ♥**

Cheese and biscuits **V E**

Vanilla Ice cream **S GF V LS**

Strawberry mousse **S GF LS**

Chocolate Brownie **V**

Lemon Drizzle Cake **V**

## DRINKS

Fruit squash

Fresh cold milk

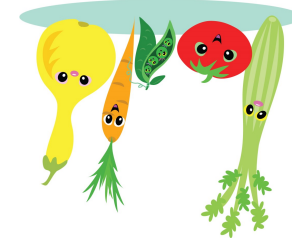
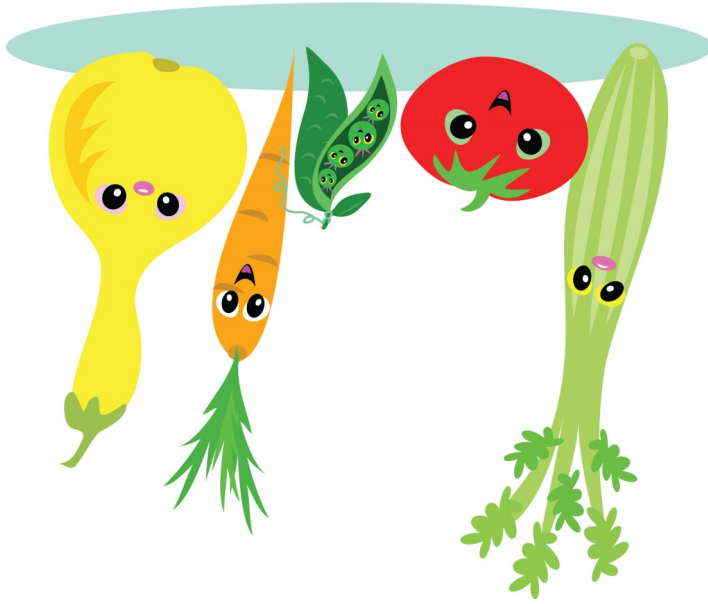
Milkshake

(Chocolate or Strawberry)

Orange or Apple Juice

Water





Lunch & Supper  
Children's menu  
LRI ED

