

Week One—Childrens LRI (Bulk Service TVF)

Monday Lunch

Beef cottage pie **S GF ♥**

Minced beef, with carrots and topped with mashed potato.

Cod fish fingers **S ♥**

Minced cod with light crumb coating

Cauliflower cheese **S V**

Cauliflower florets coated with cheese sauce

Mashed potatoes **VG S V GF ♥**

Chips **VG V GF ED**

Baked beans **VG V S GF**

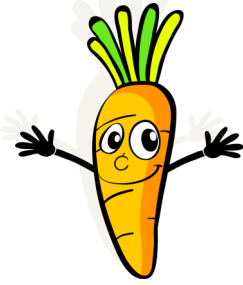
Peas **VG V GF ♥**

Gravy **VG S V GF**

Sticky toffee pudding **V ED**

Pineapple pieces in fruit Juice **VG V ♥**

Custard **S V**



Monday Supper

Chicken casserole **♥**

Pieces of chicken with mixed vegetables and onions in rich gravy

Fish in parsley sauce **S GF ♥**

Cod fillet in parsley sauce **S GF ♥**

Pasta in leek and mushroom sauce **V ED**

Penne pasta in white sauce, with leeks and mushrooms sprinkled with paprika crumb

Mashed potatoes **VG S V GF ♥**

Skin on boiled potatoes **VG V GF ♥**

Mashed carrots **VG S V GF ♥**

Sweetcorn **VG V GF ♥**

Gravy **VG S V GF**

Chocolate trifle **S V**

Vanilla ice cream **S V**

Strawberry mousse **S GF**



Tuesday Lunch

Beef chilli con carne **GF**

Minced beef in a spicy chilli sauce with red kidney beans

Salmon and spinach pasta bake **ED**

Flaked salmon, with pasta in a creamy spinach sauce topped with paprika crumb

Potato and cheese bake **S V GF ED**

Diced potatoes in a cheese sauce

Mashed potatoes **VG S V GF ♥**

Boiled rice **VG V GF ♥**

Mashed carrot and swede **VG S V GF ♥**

Peas **VG V GF ♥**

Gravy **VG S V GF**

Jam and coconut sponge **S V ED**

Mandarin pieces in fruit Juice **VG V ♥**

Custard **S V**



Tuesday Supper

Cornish pasty **ED**

Short crust pastry filled with beef potato, swede and onion

Turkey cottage pie **S GF ♥**

Minced turkey with diced carrots in a tasty gravy topped with mashed potato

Macaroni Provençale **S V ED**

Macaroni in tomato and basil sauce topped with grated cheese.

Mashed potatoes **VG S V GF ♥**

Spicy potato wedges **VG V GF**

Sweetcorn **VG V GF ♥**

Baked beans **VG V S GF**

Gravy **VG S V GF**

Orange jelly **S ♥**

Vanilla ice cream **S V**

Strawberry shortbread sundae **V**



Wednesday Lunch

Fish pie **S ♥**

Diced hoki, flaked smoked salmon and haddock in a cheese sauce topped with mashed potato

Pork sausages in gravy **ED**

Pork sausages in rich onion gravy

Soya pasta bolognese **VG V ♥**

Soya mince with red & green peppers in a tomato herb sauce with penne pasta

Mashed potatoes **VG S V GF ♥**

Jacket potatoes **VG V GF ♥**

Broccoli **VG S V GF ♥**

Mixed vegetables **VG V GF ♥**

Gravy **VG S V GF**

Chocolate chip muffin loaf **S V ED**

Thick and creamy yoghurt **V S**

Custard **S V**

Wednesday Supper

Roast beef in gravy **GF ♥**

Sliced roast beef in gravy

Chicken tikka masala **S GF ED**

Pieces of chicken breast in a rich creamy tikka sauce

Cheese and onion pasty **ED V**

Short crust pasty filled with cheese and onion filling

Mashed potatoes **VG S V GF ♥**

Boiled rice **VG V GF ♥**

Peas **VG V GF**

Baked beans **VG S V GF**

Strawberry cheese cake **V**

Vanilla ice cream **S V**

Crème caramel **S V**



Thursday Lunch

Meatballs in tomato sauce **S ED**

Small meatballs of mince pork in a tomato sauce

Tuna pasta bake **S**

Tuna and pasta twists in tomato sauce with courgettes, topped with cheese sauce and grated cheese

Vegetable mousaka **V**

A layered dish with aubergine, mushrooms, cauliflower and peppers in a tomato sauce, covered with scalloped potatoes and topped with cheese sauce

Mashed potatoes **VG S V GF ♥**

Chips **VG V GF ED**

Sliced carrots **V VG GF ♥**

Green beans **V VG GF ♥**

Gravy **VG S V GF**

Baked lemon tart **V ED**

Custard **S V**

Mandarin pieces in fruit juice **VG V ♥**



Thursday Supper

Shepherd's pie **S GF ♥**

Minced lamb with onions and carrots topped with a hint of mint in the gravy and mashed potato top

Cod in cheese and chive sauce **S GF**

Plain cod fillet with cheese and chive sauce

Tomato and pepper pasta bake **V**

Pasta shells in a rich tomato and basil sauce with peppers, mushrooms and onions topped with grated cheese

Mashed potatoes **VG S V GF ♥**

Sauté potatoes **VG V GF ED**

Vegetable medley **VG V GF ♥**

Peas **VG V GF ♥**

Gravy **VG S V GF**

Chocolate brownie dessert **V**

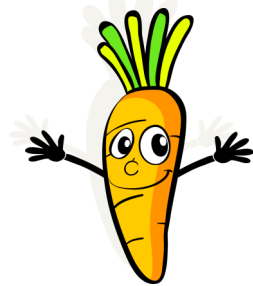
Vanilla ice cream **S V**

Smooth banana flavoured dessert **S V GF**



Friday Lunch

- Chicken in BBQ sauce GF ♥
- Whole breast of chicken in a smoky BBQ sauce
- Breaded haddock ♥
- Haddock fillet coated in breadcrumbs
- Broccoli and herb quiche ED
- Shortcrust pastry filled with an egg, broccoli and herb filling
- Mashed potatoes VG S V GF ♥
- Chips VG V GF ED
- Sliced carrots VG V GF ♥
- Baked beans VG S V GF
- Gravy VG S V GF
- Chocolate mousse S GF
- Apple crumble VG V ED
- Custard V S



Friday Supper

- Beef lasagne ED
- Minced beef, onions, tomatoes and garlic, in between layers of pasta and topped with a cheese sauce finished by a cheese crumb garnish
- Chicken korma GF
- Sliced chicken breast in a mild creamy spiced sauce with onions, cream, coconut and almond flavouring
- Macaroni cheese S V ED
- Macaroni in a rich cheese sauce
- Mashed potatoes VG S V GF ♥
- Boiled rice VG V GF ♥
- Gravy VG S V GF
- Vegetable medley VG V GF ♥
- Cauliflower VG S V GF ♥
- Peach and pear pieces in fruit juice VG S ♥ V
- Vanilla ice cream S V
- Winterberry cheesecake V ED



Saturday Lunch

- Beef cottage pie S GF ♥
- Minced beef with diced carrots topped with mashed potato
- Pasta carbonara S ED
- Macaroni pasta in a cheesy garlic sauce with minced bacon and chives
- Harvest vegetable pie V ED
- Mixed vegetables in a cream sauce, topped with shortcrust pastry
- Mashed potatoes VG S V GF ♥
- Boiled Potato VG S V GF ♥
- Bouquetiere of vegetables VG S V GF ♥
- Mashed carrots VG S V GF ♥
- Gravy VG S V GF
- Syrup sponge S V ED
- Mandarin pieces in fruit Juice VG V ♥
- Custard V S

Saturday Supper

- Pork sausage ED
- Pork sausages in a rich onion gravy
- Cod fish fingers S ♥
- Minced cod with a light crumb coating
- Quorn balls in tomato Sauce V ♥
- Quorn mixed with penne pasta in a rich tomato sauce
- Chips VG V GF ED
- Mashed potatoes VG S V GF ♥
- Baby carrots VG S V GF ♥
- Baked beans VG S V GF
- Gravy VG S V GF
- Orange jelly S ♥
- Vanilla ice cream S V
- Strawberry trifle S V



Sunday Lunch

- Chicken breast in gravy GF ♥
- Whole chicken breast portion served in chicken flavoured gravy
- Cod in butter sauce S ♥
- Cod fillet in butter sauce
- Cheese and tomato quiche V ED
- Shortcrust pastry filled with an egg, tomato and cheese filling
- Roast potatoes VG V GF
- Mashed potatoes VG S V GF ♥
- Cauliflower VG S V GF ♥
- Broccoli VG S V GF ♥
- Gravy VG S V GF
- Chocolate sponge S V
- Chocolate Sauce S V GF
- Mandarin pieces in fruit juice VG V ♥

Sunday Supper

- Beef bolognese with pasta S ♥
- Minced beef in a rich sauce of tomatoes, carrot, garlic and herbs, mixed with penne pasta
- Cod fishcakes S ♥
- Cod and potato patty coated in breadcrumbs
- Vegetable lasagne V ED
- A tomato and herb sauce with courgettes, mushrooms and peppers layered between pasta and topped with a cheese sauce
- Mashed potatoes VG S V GF ♥
- Skin on boiled potatoes VG V GF
- Peas VG V GF ♥
- Mixed vegetables VG V GF ♥
- Gravy VG S V GF
- Banoffe pie V
- Strawberry jelly VG S V GF ♥
- Ice cream S V

Snacks

- Banana VG S V GF ♥
- Sliced apple and grape bag VG GF V ♥
- Plain sponge cake slice S V
- Thick and creamy yoghurt S V
- Sponge with strawberry filling S
- Assorted packs of biscuits V
- Pureed apple pot S V GF ♥
- Sponge with chocolate filling S
- Chocolate Brownie
- Lemon Drizzle
- Quavers S V

Sandwich Selection

- Tuna mayonnaise S
- Egg mayonnaise S V
- Corned beef
- Ham
- Mild cheddar cheese V
- Chicken and Mayonnaise



Sandwiches available on white or wholemeal bread.
A salad garnish is available on request

Drinks

- Fruit squash
- Fresh cold milk
- Strawberry or chocolate milkshake
- Orange or Apple Juice

Nutritional Symbols

- ♥ Health Choice
- VG Vegan
- S Soft
- V Vegetarian
- GF Gluten Free
- ED Energy Dense