

## Week Two — Childrens LRI (Bulk Service TVF)

### Monday Lunch

- Irish stew with beef **GF** ♥
- A version of this traditional dish made with beef
- Cod fishcakes **S** ♥
- Cod and potato patty coated in breadcrumbs
- Vegetarian sausage hotpot **V** ♥
- Vegetarian sausage, beans and tomatoes with scalloped potatoes
- Jacket potato **VG V GF** ♥
- Mashed potatoes **VG S V GF** ♥
- Baked beans **GF V S VG**
- Broccoli **VG S V GF** ♥
- Gravy **VG S V GF**
- Rice pudding **S V GF**
- Peach and pear pieces in fruit Juice **VG S V** ♥

### Monday Supper

- Sliced roast pork in gravy **GF** ♥
- Slices of roast pork loin in gravy
- Mild chicken curry **S** ♥
- 'chip shop style' curry with pieces of chicken and cauliflower in a very mild curry sauce
- Macaroni Provençale **S V ED**
- Macaroni in a tomato and basil sauce topped with grated cheese
- Mashed potatoes **VG S V GF** ♥
- Boiled rice **VG V GF** ♥
- Peas **VG V GF** ♥
- Mixed vegetables **VG V GF** ♥
- Gravy **VG S V GF**
- Strawberry Jelly **VG S V GF** ♥
- Ice cream **S V**
- Thick and creamy yoghurt **S V**



### Tuesday Lunch

- Sweet and sour pork ♥
- Diced pork with peppers, onions, sliced mushrooms and pineapple pieces in a tangy sweet and sour sauce
- Potato and tuna bake **S GF**
- Diced potato and onions with pieces of tuna in a cheddar cheese sauce
- Penne pasta in a leek and mushroom sauce **ED V**
- Penne pasta in a white sauce, garnished with leeks and mushrooms and sprinkled with paprika crumb
- Mashed potatoes **VG S V GF** ♥
- Boiled rice **VG V GF** ♥
- Vegetable medley **VG V GF** ♥
- Mashed swede **VG S V GF** ♥
- Gravy **VG S V GF**
- Blackcurrant frangipane **V ED**
- Pineapple pieces in fruit Juice **VG V** ♥
- Custard **S V**

### Tuesday Supper

- Savoury minced lamb **S GF** ♥
- Tender minced lamb, onions and carrots in a thick minted gravy
- Chicken casserole ♥
- Pieces of chicken with mixed vegetables and onions in a rich gravy
- Cheese omelette **S V GF**
- Croquette potatoes **V GF ED**
- Mashed potatoes **VG S V GF** ♥
- Baked beans **VG S V GF**
- Green beans **VG V GF** ♥
- Gravy **VG S V GF**
- Strawberry cheesecake **V**
- Ice cream **S V**



### Wednesday Lunch

- Beef lasagne **S ED**
- Minced Beef, onions, tomatoes and garlic, in between layers of pasta and topped with a cheese sauce finished by a cheese crumb garnish
- Lancashire hotpot ♥
- Diced lamb with vegetables in gravy, topped with scalloped potatoes
- Soya Chilli **VG V GF** ♥
- Soya mince and kidney beans in a spicy garlic, herb and chilli sauce
- Mashed potatoes **VG S V GF** ♥
- Boiled Rice **VG S V GF** ♥
- Broccoli **VG S V GF** ♥
- Mixed Vegetables **VG V GF** ♥
- Gravy **VG S V GF**
- Ice Cream **S V**
- Apple and Raspberry Crumble **VG V ED**
- Custard **S V**

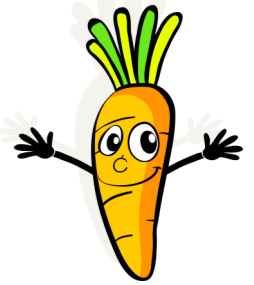


### Wednesday Supper

- Quarter Pound Beef Burgers with Onions **ED**
- A grilled burger with onions
- Tuna Pasta Bake **S** ♥
- Tuna and pasta twists in tomato sauce with courgette, topped with cheese sauce and grated cheese
- Cheese Omelette **S V GF**
- Chips **VG V**
- Mashed Potatoes **VG S V GF** ♥
- Baked Beans **VG S V GF**
- Baby Carrots **S V VG GF** ♥
- Gravy **VG S V GF**
- Crème Caramel **S**
- Chocolate Brownie Dessert **V**
- Peach and Pears Pieces in fruit juice **V VG** ♥

### Thursday Lunch

- Lamb Mousaka **GF ED**
- Minced lamb with aubergine layered with cheese sauce, scalloped potatoes and topped with cheese sauce sprinkled with grated cheese
- Sweet and Sour Chicken ♥
- Sliced chicken with onions, peppers, sliced mushrooms and pineapple in a tangy sweet and sour sauce
- Lentil Cottage Pie **V GF ED** ♥
- Lentils and vegetables in a rich gravy topped with mashed potatoes
- Mashed Potatoes **VG S V GF** ♥
- Boiled Rice **S VG GF** ♥
- Sweetcorn **VG V GF** ♥
- Green Beans **VG V GF** ♥
- Gravy **VG S V GF**
- Bakewell Tart **V ED**
- Custard **S V**
- Mandarin pieces in fruit juice **VG V** ♥



### Thursday Supper

- Turkey Cottage Pie **S GF** ♥
- Minced turkey with diced carrots in a thick tasty gravy topped with mashed potato
- Pork Sausage **ED**
- Pork sausages in a rich onion gravy
- Cheese and Onion Quiche **V ED**
- Shortcrust pastry filled with an egg, cheddar cheese and onion filling
- Mashed Potatoes **VG S V GF** ♥
- Saute Potatoes **VG V GF** ♥
- Baked Beans **VG S V GF**
- Green Beans **VG V GF** ♥
- Gravy **VG S V GF**
- Winterberry Cheesecake **V ED**
- Strawberry Jelly **S**
- Ice Cream **S V**

### Friday Lunch

- Corned Beef and Baked Bean Hash **GF** ♥
- Diced potatoes , corned beef, onions , baked beans and gravy, topped with Cheese
- Cod In Butter Sauce **S** ♥
- Cod fillet in Butter sauce
- Cauliflower and Broccoli Pasta Bake **S V**
- Cauliflower and broccoli florets with penne pasta in a creamy sauce topped with grated cheese
- Mashed Potatoes **VG S V GF** ♥
- Boiled Potatoes **VG S V GF** ♥
- Sweetcorn **VG V GF** ♥
- Bouquetiere of Vegetables **VG S V GF** ♥
- Gravy **VG S V GF**
- Smooth Strawberry Flavoured Dessert **S V GF**
- Lemon Sponge **S ED**
- Custard **S V**



### Friday Supper

- Savoury Minced Beef **S GF** ♥
- Beef Mince and onions in thick brown gravy
- Breaded Haddock ♥
- Haddock fillet coated in breadcrumbs
- Country Vegetable Pie **V GF** ♥
- A mixture of vegetables and beans in a tomato sauce, topped with mashed potato and grated cheese
- Mashed Potatoes **VG S V GF** ♥
- Chips **VG V**
- Mushy Peas **VG S V GF**
- Baked Beans **VG S V GF**
- Gravy **VG S V GF**
- Ice Cream **S V**
- Pineapple pieces in fruit Juice **VG V** ♥
- Banoffee Pie **V**



### Saturday Lunch

- Chicken and Leek Pie **ED**
- Pieces of chicken in a béchamel sauce garnished with mushrooms and topped with shortcrust pastry
- Beef Bolognese and Pasta **S** ♥
- Minced beef in a rich sauce of tomatoes, carrot, garlic and herbs mixed with penne pasta
- Cheese and Tomato Quiche **V ED**
- Shortcrust pastry filled with an egg, tomato and cheese filling
- Mashed Potatoes **VG S V GF** ♥
- Mashed Swede **VG S V GF** ♥
- Baked Beans **VG S V GF**
- Gravy **VG S V GF**
- Smooth Banana Flavoured Dessert **S V GF**
- Chocolate Chip Muffin Loaf **S V ED**
- Custard **V S**

### Saturday 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
- Salmon Fishcakes **S** ♥
- A variation on the traditional fishcake , made using flaked salmon
- Macaroni Cheese **S V ED**
- Macaroni in a rich cheese sauce
- Mini Hash Browns **V GF**
- Mashed Potatoes **VG S V GF** ♥
- Roast Vegetables
- Baby Carrots **S V VG GF** ♥
- Gravy **VG S V GF**
- Strawberry Cheese **V**
- Chocolate Mousse **S GF**
- Ice Cream **S V**



### Sunday Lunch

- Sliced Roast Turkey in Gravy **S GF** ♥
- Sliced turkey breast in gravy
- Quarter Pounder Beef Burger with onions **ED**
- A grilled burger with onions
- Roasted Vegetable Tart **V ED**
- Short crust pastry base with diced aubergines, courgettes, mixed peppers, sundried tomatoes, onion and mixed herbs set in a savoury egg filling
- Roast Potatoes **VG V GF**
- Mashed Potatoes **VG S V GF** ♥
- Cauliflower **VG S V GF** ♥
- Peas **VG V GF** ♥
- Gravy **VG S V GF**
- Apple Sponge **S V ED**
- Custard **V S**
- Mandarin Pieces in Fruit Juice **VG V** ♥



### Sunday Supper

- Chicken and Tomato Pasta Bake **S**
- Chicken pieces with penne pasta in a creamy tomato and herb sauce
- Pork Sausages **ED**
- Pork sausage in a rich onion gravy
- Mashed Potatoes **VG S V GF** ♥
- Chips **VG V**
- Baked Beans **VG S V GF**
- Broccoli **VG S V GF** ♥
- Gravy **VG S V GF**
- Strawberry Shortbread Sundae **V**
- Orange Jelly **S**
- Ice Cream **S V**

### Snacks

- Banana **GF V S** ♥
- Sliced Apple and Grape Bag **V GF** ♥
- Plain Sponge Cake Slice **V S**
- Thick & Creamy Yoghurt **V S**
- Sponge with Strawberry Filling **S**
- Assorted packs of Biscuits **V**
- Pureed Apple Pot **GF V S** ♥
- Sponge with Chocolate Filling **S**
- Quavers **V S**
- Chocolate Brownie
- Lemon Drizzle

### 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
- V Vegetarian
- VG Vegan
- GF Gluten Free
- S Soft
- ED Energy Dense