

TRADITIONAL FAVOURITES

Steamed Fish Mornay S ♥ GF

White fish in a cheese sauce and chive sauce
Served with Mashed Potato, carrots 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 FS ♥

minced beef in a rich gravy, topped with fluffy mashed potato and served with Sliced carrots

Beef Chilli Con Carne and Rice E GF

Savoury minced lamb S GF

minced lamb in a rich gravy, served with boiled potatoes and diced carrots

Roast Chicken LS GF MF

roasted chicken breast with roast potatoes, gravy, broccoli, and vegetable medley

Chicken, Tomato and Mascarpone pasta

Tomato and cheese pasta S V E

pasta in a rich tomato sauce 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 GF

Smaller Portions -

Mini Beef Casserole S LS MF

Beef Casserole served with a Dumpling

Mini Pasta Bolognese S LS

Rich Beef Bolognese sauce served with Pasta

Mini Cauliflower and Broccoli Cheese GF

Cauliflower and Broccoli in a Rich cheese sauce



SNACK FINGER FOOD

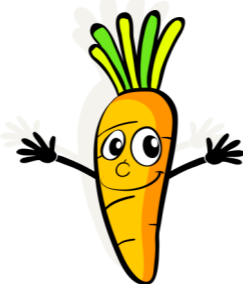
Fish Fingers and Chips S LS MF
served with chips and broccoli florets ♥

Vegetarian Meatballs served with Roast Potatoes
Carrots and Broccoli V ♥

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

Chicken Nuggets

Pizza Slices

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

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.

SNACKS available

Banana GF V

Fruit Pot GF

Pureed Apple Pot GF V S

Quavers V S

Plain Sponge Cake Slice V S E

Sponge with Strawberry Filling S

Sponge with Chocolate Filling S

Thick & Creamy Yoghurt V S

Assorted packs of Biscuits V E



AFTERS

Served with Custard

Steam Raspberry Sponge E S V

Apple Crumble E V

Date and Treacle sponge

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

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

Strawberry Milkshake,

Chocolate Milkshake

Orange or Apple Juice

Water



Lunch & Supper

Children's menu

