

WINTER MENU WEEK 1

Monday

MEAT FREE

Vegetable Pasta Bake made with
Tri-Colour Pasta &
Seasonal Vegetables
Garlic Bread
Freshly Prepared Salad

Or

Homemade Egg Mayonnaise Deli
Roll
Freshly Prepared Salad
Tortilla Chips

Homemade Apple Sponge &
Homemade Fresh Custard



Tuesday

Butchers Pork Chipolata in a
Hotdog Roll
Fried Onion (Optional)
Cubed Roasted Potatoes
Baked Beans

Or

Quorn Sausage in a Hotdog Roll (V)
Fried Onion (Optional)
Cubed Roasted Potatoes
Baked Beans

Or

Cheese Deli Roll
Freshly Prepared Salad
Tortilla Chips

Fruit Jelly & Cream



Wednesday

Roast Chicken Fillet
Roast Potatoes
Seasonal Vegetables
Yorkshire Pudding
Gravy

Or

Cheese & Tomato Whirl (V)
Roast Potatoes
Seasonal Vegetables
Yorkshire Pudding
Gravy

Fruit Smoothie



Thursday

Homemade Steak Pie made with
Shortcrust Pastry
Mashed Potato
Seasonal Vegetables
Gravy

or

Winter Vegetable Pie made with
Shortcrust Pastry (V)
Mashed Potato
Seasonal Vegetables
Gravy

Or

Gammon Ham Deli Roll
Freshly Prepared Salad
Tortilla Chips

Lemon Drizzle Cake



Friday

Frinton By the Sea Fish Fryday
Oven Baked Fish Finger
Crispy Steak Fries
Petit Pois Peas

Or

Oven Baked Quorn Fish Fillet (V)
Crispy Steak Fries
Petit Pois Peas

Or

Jacket Potato with Tuna Mayonnaise

Fruit Ice Lolly



*** FRESH BREAD AVAILABLE DAILY ***

*** FRESH FRUIT & YOGHURTS AVAILABLE DAILY ***