

Lunch Time Main Meals – week commencing: Cycle 1 2016/17

MAIN COURSE £2.60. DESSERT 85p. TWO COURSE MEAL DEAL £2.90				
Monday	Tuesday	Wednesday	Thursday	Friday
Cottage Pie (GF) Garden Peas / Baked Root Vegetables Gluten Free Gravy Creamy Mushroom Pasta Bake Garlic Bread Garden Peas Mixed Salad	Texas Meat Meltdown Pizza <i>(spicy chicken, spicy beef, pepperoni on a spicy sauce base)</i> Or Tuna Melt Pizza <i>(melted cheese, tuna fish, red onion sweetcorn)</i> Or Margherita (V) (GF) <i>(tomato, fresh basil)</i> Or Cajun Quorn Pizza (V) <i>(spicy quorn, peppers & red onion)</i> Baby Baked Herby Potatoes / Rice Salad Coleslaw Mixed Salad Leaves	Sweet & Sour Pork (GF) Rice / Noodles Broccoli / Sweetcorn Quorn Cottage Pie Broccoli / Sweetcorn Vegetarian Gravy	Southern Baked Chicken Fillet in a Bun Chipped Potatoes / Baby Boiled Potatoes Baked Beans / Sweetcorn / Coleslaw Mixed Salad Spanish Omelette (GF) Chipped Potatoes / Baby Boiled Potatoes Baked Beans / Coleslaw Mixed Salad	Lamb Potato Layer Bake Green Beans Cauliflower Gravy Chilli Quorn Cobbler Green Beans Cauliflower
<i>A choice of <u>ONE</u> from the following selection:</i> Fresh Fruit, Fruit Jelly, Fruit Salad, Yogurt or a Dessert of the Day				
Apple Crumble Custard Flapjack Fruit Pavlova (GF)	Lemon Sponge Custard Carrot Cake Crème Brûlée (GF)	Goopy Chocolate Pudding Chocolate Sauce Cherry Iced Bun Mixed Berry Trifle (GF)	Steamed Berry Sponge Custard Shortbread Mandarin Bavarois (GF)	Cornflake Tart Custard Chocolate & Banana Muffin Caramel Pot (GF)