

# SECONDARY MEAL OF THE DAY MENU – APRIL 2016



| Week 1                         | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--------------------------------|--|---|--|--|---|
| <b>Main Meal</b>               | Homemade Chicken Curry with Wholemeal Rice   | Oven Baked Sausages with Creamy Mashed Potatoes | Roast Chicken with Stuffing and Roast Potatoes   | Homemade Shepherds Pie with a Cheesy Topping and Organic Bread | Oven Baked Fish Fingers with Oven Baked Chips |
| <b>Vegetarian Main Meal</b>    | Homemade Cheese Flan with New Potatoes   | Homemade Vegetable Chilli with Wholemeal Rice   | Homemade Mushroom Stroganoff with Wholemeal Rice | Homemade Stuffed Peppers with Broccoli                         | Wholemeal Spicy Quorn Wrap with Salad         |
| <b>Pasta Main Meal</b>         | Homemade Pasta Provencal   | Homemade Vegetarian Lasagne with Garlic Bread   | Homemade Quorn Bolognese with Pasta              | Homemade Macaroni Cheese                                       | Homemade Fiorentina Pasta Bake                |
| <b>Jacket Potato Main Meal</b> | Filled Jacket Potato   | Filled Jacket Potato                            | Filled Jacket Potato                             | Filled Jacket Potato   | Filled Jacket Potato                          |
| <b>Salad Main Meal</b>         | Salad Box  | Salad Box                                       | Salad Box  | Salad Box  | Salad Box                                     |
| <b>Vegetables</b>              | Fresh Broccoli<br>or<br>Help Yourself Salad Bar  | Sweetcorn<br>or<br>Help Yourself Salad Bar      | Garden Peas<br>or<br>Help Yourself Salad Bar     | Fresh Carrots<br>or<br>Help Yourself Salad Bar                 | Garden Peas<br>or<br>Help Yourself Salad Bar  |
| <b>Gravy</b>                   |  |   | Gravy  |  |   |
| <b>Dessert</b>                 | Choose from a daily selection of Homemade Cakes, Desserts, Biscuits and Organic Fruit Yogurt |   |  |  |   |

# SECONDARY MEAL OF THE DAY MENU – APRIL 2016



| Week 2                         | Monday   | Tuesday   | Wednesday   | Thursday                                      | Friday   |
|--------------------------------|--|---|---|---|--|
| <b>Main Meal</b>               | Lemon Roasted Chicken Drumsticks with Jollof Rice  | Homemade Beef and Vegetable Pie with Creamy Mashed Potatoes | Southern Fried Chicken in a Bap with Oven Baked Jacket Wedges | Homemade Chilli Con Carne with Wholemeal Rice | Oven Baked Fish Fingers with Oven Baked Chips                  |
| <b>Vegetarian Main Meal</b>    | Homemade Vegetable Curry with Wholemeal Rice   | Quorn Sausages with Creamy Mashed Potatoes                  | Homemade Spicy Cheese Tortillas with Baked Beans and Salad    | Homemade Cheese Flan with New Potatoes        | Homemade Quorn Stir Fry in a Sweet and Sour Sauce with Noodles |
| <b>Pasta Main Meal</b>         | Homemade Tagliatelle Carbonara   | Penne Pasta with Sweet Tomato and Basil Sauce               | Homemade Tuna and Pasta Bake                                  | Homemade Lasagne with Organic Bread           | Homemade Chicken Pasta Bake                                    |
| <b>Jacket Potato Main Meal</b> | Filled Jacket Potato   | Filled Jacket Potato  | Filled Jacket Potato  | Filled Jacket Potato                          | Filled Jacket Potato   |
| <b>Salad Main Meal</b>         | Salad Box  | Salad Box   | Salad Box   | Salad Box                                     | Salad Box  |
| <b>Vegetables</b>              | Fresh Cabbage<br>or<br>Help Yourself Salad Bar   | Fresh Carrots<br>or<br>Help Yourself Salad Bar              | Fresh Broccoli<br>or<br>Help Yourself Salad Bar               | Sweetcorn<br>or<br>Help Yourself Salad Bar    | Garden Peas<br>or<br>Help Yourself Salad Bar                   |
| <b>Gravy</b>                   | Gravy  | Gravy   |   | Gravy   |  |
| <b>Dessert</b>                 | Choose from a daily selection of Homemade Cakes, Desserts, Biscuits and Organic Fruit Yogurt |   |   |   |  |

# SECONDARY MEAL OF THE DAY MENU – APRIL 2016



| Week 3                         | Monday   | Tuesday   | Wednesday                                      | Thursday  | Friday  |
|--------------------------------|--|---|--|---|---|
| <b>Main Meal</b>               | Homemade Chicken Pie with Creamy Mashed Potatoes   | Oven Baked Breaded Fish with Oven Baked Chips         | Homemade Piri Piri Chicken with Jollof Rice    | Roast Chicken with Stuffing and Roast Potatoes  | Homemade Meat Balls in Tomato Sauce with Wholemeal Rice |
| <b>Vegetarian Main Meal</b>    | Homemade Sweet Potato and Lentil Korma with Wholemeal Rice                                   | Vegeburger in a Bap with Corn on the Cob and Coleslaw | Homemade Quorn Cottage Pie with Organic Bread  | Quorn Roast with Roast Potatoes                 | Homemade Cheese Flan with New Potatoes                  |
| <b>Pasta Main Meal</b>         | Homemade Pasta Bolognese   | Homemade Sweet and Sour Chicken with Noodles          | Homemade Vegetarian Lasagne with Organic Bread | Homemade Macaroni Cheese                        | Penne Pasta with Sweet Tomato and Basil Sauce           |
| <b>Jacket Potato Main Meal</b> | Filled Jacket Potato   | Filled Jacket Potato                                  | Filled Jacket Potato                           | Filled Jacket Potato                            | Filled Jacket Potato                                    |
| <b>Salad Main Meal</b>         | Salad Box  | Salad Box   | Salad Box                                      | Salad Box                                       | Salad Box   |
| <b>Vegetables</b>              | Fresh Carrots<br>or<br>Help Yourself Salad Bar   | Garden Peas<br>or<br>Help Yourself Salad Bar          | Sweetcorn<br>or<br>Help Yourself Salad Bar     | Fresh Broccoli<br>or<br>Help Yourself Salad Bar | Garden Peas<br>or<br>Help Yourself Salad Bar            |
| <b>Gravy</b>                   | Gravy  |   |  | Gravy   | Gravy   |
| <b>Dessert</b>                 | Choose from a daily selection of Homemade Cakes, Desserts, Biscuits and Organic Fruit Yogurt |   |  |   |   |

# SECONDARY MEAL OF THE DAY MENU – APRIL 2016



| Week 4                         | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--------------------------------|--|--|---|--|--|
| <b>Main Meal</b>               | Homemade Wholemeal Tuna Wrap with Corn on the Cob  | Homemade Chicken Korma with Wholemeal Rice                 | Homemade Pasta Bolognese                                    | Homemade Cajun Chicken Drumsticks with Jollof Rice | Homemade Beefburger in a Bap with Tomato Relish and Oven Baked Chips |
| <b>Vegetarian Main Meal</b>    | Homemade Quorn Chilli with Wholemeal Rice  | Homemade Spicy Cheese Tortillas with Baked Beans and Salad | Homemade Vegetarian Caribbean Jerk Stew with Wholemeal Rice | Homemade Roasted Vegetables with Jollof Rice       | Salmon and Lime Fish Cakes with Oven Baked Chips                     |
| <b>Pasta Main Meal</b>         | Homemade Lasagne with Organic Bread  | Quorn Sausages with Mushroom and Tomato Pasta              | Homemade Tuna and Pasta Bake                                | Homemade Fiorentina Pasta Bake                     | Homemade Tagliatelle with Stilton and Mushrooms                      |
| <b>Jacket Potato Main Meal</b> | Filled Jacket Potato   | Filled Jacket Potato                                       | Filled Jacket Potato  | Filled Jacket Potato                               | Filled Jacket Potato   |
| <b>Salad Main Meal</b>         | Salad Box  | Salad Box  | Salad Box   | Salad Box  | Salad Box  |
| <b>Vegetables</b>              | Sliced Green Beans<br>or<br>Help Yourself Salad Bar  | Fresh Broccoli<br>or<br>Help Yourself Salad Bar            | Fresh Carrots<br>or<br>Help Yourself Salad Bar              | Garden Peas<br>or<br>Help Yourself Salad Bar       | Sweetcorn<br>or<br>Help Yourself Salad Bar                           |
| <b>Gravy</b>                   |  |  | Gravy   | Gravy  |  |
| <b>Dessert</b>                 | Choose from a daily selection of Homemade Cakes, Desserts, Biscuits and Organic Fruit Yogurt |  |   |  |  |