



No added salt or sugar

Menu for Daily Main Meals

Meals cooked on site

- Two veg and/or salad are included with every full meal.
- Fruit salad or fresh fruit or low fat yoghurt available instead of dessert.
- Apple juice or orange juice supplied with every full meal.

Get your 5 a day here!

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Chilli con carne & rice Veggie moussaka Jacket wedges Peach crumble & custard	Salmon fisherman's pie Cheese plait Herbie potatoes Cherry sponge & custard	Chicken & ham pie Veggie pasta bake Sauté potatoes Arctic roll	Roast beef & Yorkshire pudding & roast potatoes Sweet & sour Thai veg & rice Apple pie & custard	Wholemeal breaded cod Veggie Kiev's Chips Bakewell tart
Week 2	Pasta beef Bolognese Cheese & onion pastie Herbie potatoes Chocolate sponge & chocolate sauce	Chicken tikka & rice Roasted vegetable quiche Jacket wedges Strawberry cheesecake	Sausages in BBQ sauce Macaroni cheese Sauté potatoes Oaty apple crumble & custard	Steak & mushroom pie Fruity balti curry & rice Herbie potatoes Jam roly poly & custard	Wholemeal breaded cod Cheese soufflé Chips Summer pudding & cream
Week 3	Chicken passanda & rice Veggie pasta bake Herbie potatoes Jam roly poly & custard	Spaghetti Bolognese Cheese & onion pastie Jacket wedges Oaty rhubarb crumble & custard	Roast turkey Veggie biryani Herbie potatoes Apple strudel & custard	Beef Lasagne & French bread Roasted vegetable quiche Sauté potatoes Lemon tart & custard	Wholemeal breaded cod Veggie burger in a bun Chips Chocolate sponge & chocolate sauce
Week 4	Lamb moussaka Roasted vegetable lasagne Herbie potatoes Rhubarb tart & custard	Sausages & mash Veggie hot-pot Jacket wedges Steamed lemon sponge & custard	Red Thai chicken & rice Macaroni cheese Herbie potatoes Oaty apple crumble & custard	Roast Lamb Veggie tikka & rice Sauté potatoes Ice cream	Wholemeal breaded cod Homity pie Chips Pineapple upside-down pudding & custard

No nuts

Also available daily: Pasta bar, jacket potatoes, baguettes, sandwiches and other snacks.

Lansdowne Catering Ltd.



We cater for special diets