



Week One

Moroccan chicken and rice
or
Vegetarian sausages and gravy with diced potatoes



Broccoli and salad
Oatmeal cookie

Beef roast and gravy
or
Quorn burger and gravy

Yorkshire pudding, dry roast potatoes, cabbage, carrots,
Salad

Mixed cold desserts

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Beef meatballs and gravy with pasta and broccoli
or
Pizza with sweetcorn
Salad
Banana flapjack



Pork roast and gravy
or
Bean and cheese yorkie

Dry roast potatoes, broccoli, cauliflower and carrot mix
Salad

Mixed cold desserts

Baked fish fingers and tomato ketchup with chipped potatoes and baked beans
or
Neapolitan pasta with garden peas
Salad
Chocolate cherry muffin



Menu dates for October 2016 - April 2017

	SUN	MON	TUE	WED	THUR	FRI	SAT
OCTOBER							
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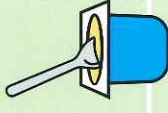
Vegetarian option.

HC3S only uses fish products deemed to come from well-managed and sustainable fisheries.

Alternative Desserts: Banana, apple, orange, yoghurt, rice pot, fruity pot, cheese and biscuits or fruit juice will be available daily. Additional bread will be available daily.

Week Two

Baked pork sausages with mashed potatoes and baked beans
or
Macaroni cheese and garden peas
Salad
Ice cream



Chicken roast with gravy
or
Vegetable and bean bake and gravy

Dry roast potatoes, broccoli, cauliflower and carrot mix,
Salad

Mixed cold desserts

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

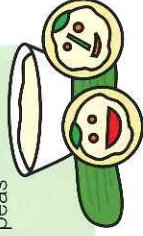
FRIDAY

Salmon and haddock slice with potato wedges
or
Pizza
Garden peas and sweetcorn medley
Salad
Fruit crumble slice and low sugar custard



Beef roast with Yorkshire pudding and gravy with dry roast potatoes, swede and carrots
or
Sweet potato and lentil curry and rice with green beans
Salad
Mixed cold desserts

Battered fish and tomato ketchup
or
Vegetarian Quorn pastry
Chipped potatoes, garden peas
Salad
Iced fruit bread



Week Three

Southern coated chicken goujons
or
Cheese and vegetable bake
Herb diced potatoes, garden peas and sweetcorn medley, Salad
Chocolate sponge and chocolate custard



£2.10 for a two-course meal

Pork roast and gravy
or
Vegetarian toad in the hole and gravy



Dry roast potatoes, cabbage and carrots
Salad
Mixed cold desserts

Mixed cold desserts

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mild beef Madras curry, naan bread and rice
or
Pizza
Broccoli and salad
Orange cookie



Chicken roast with gravy
or
Vegetarian sausage puff and gravy

Dry roast potatoes, broccoli, cauliflower and carrot mix
Salad
Mixed cold desserts

Baked fish fingers with tomato ketchup, chipped potatoes and garden peas
or
Tomato bean gratin and sweetcorn
Salad
Tutti frutti sponge



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Go online at:
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and check out all our information.