

Menu  
November 2021

# MENU

**CHOICES**  
by Citywide Services

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Italian style pasta served with sausages & roasted vegetables in a rich tomato sauce (pb)(v)	Turkey burger in a bun with oven baked seasoned jacket wedges and rainbow salad	Red tractor sliced turkey served with homemade roasted potatoes, green beans and gravy (gf)	Chicken biryani served with a refreshing cucumber, tomato and red onion salsa (gf)	Bird's Eye fish fingers served with creamy mashed potatoes and garden peas
Main Meal	Homemade cheese quiche served with garlic and herb new potatoes and baked beans (v)	Homemade lasagne and rainbow salad (v)	Homemade Mexican three bean chilli served with rice and wholemeal pitta bread (pb)(v)	Freshly made cheese and tomato pizza served with oven baked French fries and sweetcorn (v)	Sausage served with creamy mashed potatoes and garden peas (pb)(v)
Cold Choice	Freshly made wholemeal sandwiches served with a mixed Salad & ½ piece of fruit	Freshly made wraps served with a mixed Salad & ½ piece of fruit	Freshly made barm cake served with a mixed Salad & ½ piece of fruit	Freshly made wholemeal sandwiches served with a mixed salad & ½ piece of fruit	Freshly made finger roll served with a mixed salad & ½ piece of fruit
Pudding	Homemade banana muffin with a buttercream swirl  Fresh Fruits Yoghurts	Homemade shortbread biscuit (pb)  Fresh Fruits Yoghurts	Homemade bakewell tart (A shortbread pastry base layered with mixed fruit jam topped with a light almond sponge)  Fresh Fruits Yoghurts	Fruit jelly topped with whipped cream  Fresh Fruits Yoghurts	Homemade chocolate and mandarin sponge served with a chocolate custard  Fresh Fruits Yoghurts

A Jacket potato served with a choice of 3 fillings per day (from Tuna Mayonnaise, Baked Beans, Homemade Coleslaw and Cheddar Cheese) (GF)



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Italian style lamb Bolognese served with spaghetti and a freshly prepared slice of garlic bread	Traditional cottage pie served with fresh broccoli florets and rich gravy (gf)	Bernard Matthews turkey Meatballs in a rich Tomato sauce, penne pasta and a slice of freshly baked crusty bread.	Chicken fillet served with oven baked herby diced potatoes and baked beans (gf)	Tempura battered fish fillet served with oven baked chipped potatoes and mushy peas
Main Meal	Aromatic chickpea and lentil dahl served with rice and freshly prepared slice garlic bread (pb)(v)	Pizza style Cheddar cheese panini served with seasoned jacket wedges and sweetcorn	Mexican style vegetable enchiladas served with garlic and herb potatoes and a refreshing tomato salsa (v)	Crispy Quorn nuggets served with oven baked herby diced potatoes and baked beans (pb)(v)	Crispy crumbed vegetable burger served with oven baked chipped potatoes and mushy peas (pb)(v)
Cold Choice	Freshly made wholemeal sandwiches served with a mixed salad & ½ piece of fruit	Freshly made finger roll served with a mixed salad & ½ piece of fruit	Freshly made wholemeal sandwiches served with a mixed salad & ½ piece of fruit	Freshly made wraps served with a mixed salad & ½ piece of fruit	Freshly made barm cake served with a mixed salad & ½ piece of fruit
Pudding	Homemade crunchy ginger biscuit (pb)  Fresh Fruits Yoghurts	Homemade creamy rice pudding served with jam  Fresh Fruits Yoghurts	Freshly made iced lemon drizzle cake (A moist sponge with a hint of lemon topped with icing) Fresh Fruits Yoghurts	Homemade chocolate shortbread biscuit (pb)  Fresh Fruits Yoghurts	Carrot cake muffin topped with a butter cream swirl. (A light sponge infused with cinnamon grated carrot topped with a light & fluffy buttercream swirl) Fresh Fruits Yoghurts

A Jacket potato served with a choice of 3 fillings per day (from Tuna Mayo, Baked Beans, Homemade Coleslaw and Cheddar Cheese) (gf)



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Oven baked gammon fillet served with chunky chipped potatoes, garden peas and gravy (gf)	Traditional potato and minced lamb topped with shortcrust pastry served with whole baby carrots and gravy	Chicken in a creamy korma sauce served with boiled white rice and refreshing Cucumber Salad	Pork sausages with a Yorkshire pudding, served with boiled potatoes, freshly shredded cabbage and gravy	Harry Ramsden's salmon fillet served with oven baked seasoned jacket wedges and baked beans
Main Meal	Homemade cheese and tomato pizza served with chunky chipped potatoes, garden peas and gravy (v)	All-day brunch (sausage, mini omelette, hash brown and baked beans) (v)	Tex-Mex vegetable fajitas served with spicy diced potatoes and refreshing cucumber salad (v)	Homemade Italian style vegetable pasta bake served with a slice of freshly baked crusty bread (v)	Freshly baked sausage roll served with oven baked seasoned jacket wedges and baked beans (pb)(v)
Cold Choice	Freshly made wraps served with a mixed Salad & ½ piece of fruit	Freshly made wholemeal sandwiches served with a mixed Salad & ½ piece of fruit	Freshly made barm cake served with a mixed Salad & ½ piece of fruit	Freshly made wraps served with a mixed Salad & ½ piece of fruit	Freshly made wholemeal sandwiches served with a mixed Salad & ½ piece of fruit
Pudding	Homemade apple slice (pb) (Shortbread biscuit with a layer of pureed apple)  Fresh Fruits Yoghurts	Homemade chocolate and mandarin mousse  Fresh Fruits Yoghurts	Homemade golden oat biscuit (pb)  Fresh Fruits Yoghurts	Homemade vanilla and chocolate marble cake with vanilla custard  Fresh Fruits Yoghurts	Homemade fruit flapjack (pb) (A golden biscuit made from Oats and golden syrup) Fresh Fruits Yoghurts

A Jacket potato served with a choice of 3 fillings per day (from Tuna Mayo, Baked Beans, Homemade Coleslaw and Cheddar Cheese) (GF)