

ISSUE 1 – October 2019
by:

Approved *M. Lewis*

MEALS DIRECT CHOICE MENU

	WEEK ONE	WEEK TWO	WEEK THREE
M O N D A Y	Beef Lasagne Or Quorn Sausage Savoury Herb Diced Potato Peas Rhubarb & Orange Crumble & Custard	Pork Faggots in Gravy Or Quorn Sausage & Gravy Mash Potatoes Mushy Peas Toffee Apple Crumble & Custard	Mince Beef Pie & Gravy Or Vegie Mince Pie & Gravy Mash Potatoes Diced Swede & Sprouts Red Cherry Crumble & Cream
T U E S D A Y	Chicken Casserole Boiled Potatoes & Carrots Or Vegetarian Sausage Casserole Welsh Cakes	Lamb Stew Or Quorn Stew Potatoes Swirls Carrots Chocolate Gateau	Sausage & Gravy Or Glamorgan Sausage & Gravy Mash Potatoes Mushy Peas Jam & Cream Scone
W E D N E S D A Y	Roast Pork & Gravy Or Quorn Fillet in Gravy Roast & Boiled Potatoes Cauliflower & Broccoli Apple Tart & Custard	Turkey & Gravy Or Quorn in Gravy Roast & Boiled Potatoes Carrots & Sprouts Chocolate Sponge & Custard	Sliced Beef, Yorkshire Pudding & Gravy Or Quorn Fillet in Gravy Roast & Mash Potato Swede & Cabbage Syrup Sponge & Custard
T H U R S D A Y	Corned Beef Pie & Gravy Or Vegetable Burger & Gravy Boiled Potatoes Country Mixed Vegetables Strawberry Cheesecake	Steak Lattice & Gravy Or Macaroni Cheese Boiled Potatoes Country Mixed Vegetables Rice Pudding	Chicken in Gravy Or Quorn In Gravy Boiled Potatoes Sprouts & Carrots Profiteroles
F R I D A Y	Battered Fish Or Vegetable Nuggets Savoury Herb Diced Potatoes Peas / Baked Beans Jam Doughnut	Breaded Fish & Parsley Sauce Or Vegetable & Cheese Bakes & Parsley Sauce Mash Potatoes & Peas Or Egg Custard Tart	Crispy Haddock Or Cheese Omelette Savoury Herb Diced Potatoes Peas / Baked Beans Fruit in Jelly with Cream Swirl

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NB: Pork sausage or vegetable sausage available daily, cheese omelette (served with savoury herb diced potatoes and peas or baked beans) available as an alternative to the published menu as stated on Menu Planner. Yogurt or fruit pot available as additional dessert daily.