

Food For Life SILVER SUMMER MENU 2015

Week		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	chicken Sausages with Mashed Potatoes and Gravy	Beef Lasagne with Garlic Bread 9no cheese)	Roast Beef with Roast Potatoes and Gravy	BBQ Chicken with Rice	Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
13-Apr 04-May	Vegetarian	Vegetarian Sausage with Mashed Potatoes and Gravy	French Bread Pizza with Baby New Potatoes	Vegetable Pie with Roast Potatoes	Quorn & Vegetable Mild Curry and Rice	Vegetarian Burger with Chipped Potatoes
04-Way 01-Jun		Carrots Garden Peas	Broccoli Sweet corn	Mixed Seasonal Vegetables	Mixed Peppers & Green Beans	Baked Beans Garden Peas
22-Jun 13-Jul	Dessert	Fruit Crumble with Custard Fresh Fruit Platter	Chocolate Mandarin Sponge with Choc Sauce Fresh Fruit Salad	Jelly & Ice Cream Fresh Fruit Platter	Banana Loaf with Custard Fresh Fruit Salad	Fruit Smoothie Fresh Fruit Platter
Week 2	Main	Chicken Neapolitan Pasta with Spinach	Beef Burger in a Bun with Salad and Baby New Potatoes	Roast Chicken with Roast Potatoes and Gravy	Spaghetti Bolognaise	Teriyaki Salmon With Chipped Potatoes, Tomato Sauce
20-Apr 11-May	Vegetarian	Vegetable and Pepper Whirl with Jacket Wedges	Quorn & Vegetable Stir – Fry with Rice	Lentil & Vegetable Quorn Roast with Roast Potatoes	Vegetable Fajitas and Rice	Red Pepper and Cheese Frittata with Chipped Potatoes
08-Jun 29-Jun		Garden Peas & Sweetcorn Mix	Carrots Coleslaw	Mixed Seasonal Vegetables	Baked Tomatoes Sweet corn	Baked Beans Garden Peas
29-Jul	Dessert	Fruit Smoothie Fresh Fruit Salad	Carrot & Courgette Cake with Custard Fresh Fruit Platter	Fruit Jelly & Cream Fresh Fruit Salad	Apple Strudel with Custard Fresh Fruit Platter	Lemon Drizzle Cake Fresh Fruit Salad
Week 3	Main	Shepherds Pie	Sweet and Sour Chicken with Rice	Roast Turkey with Baby Roast Potatoes and Gravy	BBQ Chicken Pizza with Baby New Potatoes	Fishwich in a Bun with Chipped Potatoes, Tomato Sauce
27-Apr 18-May	Vegetarian	Mixed vegetable Pie with Mashed potato topping	Spring Vegetable Risotto	Vegetable Goulash with Rice	Pasta bake with Tomato topping	Homemade Spicy Vegetable Burger with Chipped Potatoes
15-Jun 06-Jul		Sweetcorn and Mixed Peppers	Cabbage and Carrots	Mixed Seasonal Vegetables	Broccoli and Cauliflower	Baked Tomatoes Baked Beans
	Dessert	Apple Flapjack Fresh Fruit Salad	Fruit Smoothie Fresh Fruit Platter	Fruit Jelly & Ice Cream Fresh Fruit Salad	Pineapple Upside Down Cake Fresh Fruit Platter	Stewed Fruit Fresh Fruit Salad