BAY

CUBICLE

# MONDAY LUNCH 1

# NAME.....

### Please choose your portion size: Small Medium Large

# PLEASE TICK YOUR CHOICE

#### STARTERS please choose one

Orange juice	GF V HE	01
Apple juice	GF V HE	02
Cranberry juice	GF V HE	03

### MAIN COURSES please choose one

Plain omelette	GF V HE EC	04	ı
Beef lasagne	EC	05	-
Vegetable tagine with couscous	GF V HE EC	06	
Cold ham salad	GF HE	07	-
		30	3

WARD

BAY

CUBICLE

# MONDAY SUPPER 1

# NAME.....

# PLEASE TICK YOUR CHOICE -

# SOUP and BREAD ROLL

Leek & potato soup	GF V HE	EC HC	01
Pea soup	GF V HE	EC	02
White roll	V	HE	 03
Brown roll	V	HE	04

Please choose your salad portion size: Small 
Medium 
Large

### SALAD please choose one

Ham and Coleslaw	GF	05
Grated Cheese	GF V	06
Plain salad	GF V HE	07

. . . . .

### SANDWICHES please choose one filling

			White	e E	Brow	n
Cheese and pickle	V	EC		08		09
Egg mayonnaise	V	EC		10		11
Ham and salad		HE		12		13
Chicken Mayo and lettue	ce	EC HC		14		15
Tuna mayo and cucumb	er	EC		16		17

### DESSERTS please choose one

Vanilla ice cream	GF V EC	18
Sugar free jelly	GF V EC HE	19
Fruit jelly	GF EC HE	20
Fruit cocktail	GF V HE	21
Cheese & biscuits	V	22

ACCOMPANIMENTS

GF V HE EC FM

FΜ

GF V

GF V HE

GF V HE

Mashed potato

Potato wedges

French beans

Peas and carrots

#### **DESSERTS** please choose one

Jam sponge and custard	V EC FM HC	14
Rice pudding	GF V HE EC	15
Ice cream	GF V EC	16
Fruit jelly	GF HE EC	17
Cheese & biscuits	V	18
Fresh fruit	GF V HE	19

# DIET CODE:

HE	Healthy Eating
<b>0F</b>	

- GF Gluten Free V Vegetarian
- V Vegetarian EC Easy Chew
- EC Easy Chew HC High Calorie
- FM Forkable Meal

SANDWICHES
Cheese and pickle

09

10

11

12

13

BAY

CUBICLE

# **TUESDAY LUNCH 1**

# NAME.....

# Please choose your portion size: Small Medium Large

# PLEASE TICK YOUR CHOICE

#### STARTERS please choose one

Orange juice	GF V HE	01
Apple juice	GF V HE	02
Cranberry juice	GF V HE	03

#### MAIN COURSES please choose one

Roast pork and stuffing	EC FM	
Chicken casserole	GF EC HE	
Vegetable curry	GF V HE EC FM	
Tuna salad	GF HE	

WARD

BAY

CUBICLE

# **TUESDAY SUPPER 1**

# NAME.....

# PLEASE TICK YOUR CHOICE .

# SOUP and BREAD ROLL

Sweet corn chowder	GF V HE EC HC	01
Smooth carrot soup	GF V HE EC	02
White roll	V HE	03
Brown roll	V HE	04

Please choose your salad portion size: Small 
Medium Large

### SALAD please choose one

09

14 15 16

17

18

19

Ham and Coleslaw	GF	05
Grated Cheese	GF V	06
Plain salad	GF V HE	07

### SANDWICHES please choose one filling

		,	White	e E	Brow	n
Cheese and pickle	V	EC		08		09
Egg mayonnaise	V	EC		10		11
Ham and salad		HE		12		13
Chicken Mayo and lettuce	Э	EC HC		14		15
Tuna mayo and cucumbe	r	EC		16		17

. . . . .

### DESSERTS please choose one

Vanilla ice cream	GF V EC	18
Sugar free jelly	GF V EC HE	19
Fruit jelly	GF EC HE	20
Fruit cocktail	GF V HE	21
Cheese & biscuits	V	22

#### GF V HE EC FM Mashed potato

ACCOMPANIMENTS

Lyonnais potatoes	GF V HE EC FM	10
Braised red cabbage	GF V HE	11
Broccoli florets	GF V HE EC FM	12
Patna rice	GF V HE	13

#### **DESSERTS** please choose one

Pear and chocolate	crumble and custard	
Rice pudding	GF V HE EC	
Ice cream	GF V EC	
Fruit jelly	GF HE EC	
Cheese & biscuits	V	
Fresh fruit	GF V HE	

HE	Healthy Eating
<b>0F</b>	

- GF Gluten Free V Vegetarian
- EC Easy Chew
- HC High Calorie
- Forkable Meal FM

BAY

CUBICLE

# WEDNESDAY LUNCH 1

# NAME.....

# Please choose your portion size: Small Medium Large

# PLEASE TICK YOUR CHOICE

#### STARTERS please choose one

Orange juice	GF V HE	
Apple juice	GF V HE	
Cranberry juice	GF V HE	

#### MAIN COURSES please choose one

Beef casserole GF EC HE FM	04
Salmon fillet with white wine sauce GF EC HE FM	 •••
	 05
Macaroni cheese V EC FM	06
Cold roast turkey GF HE	07
	08

#### WARD

BAY

CUBICLE

# WEDNSDAY SUPPER 1

# NAME.....

01 02 03

13

14 15 16

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# PLEASE TICK YOUR CHOICE -

# SOUP and BREAD ROLL

Country vegetable soup	GF V	01
Lentil soup	GF V EC HC	02
White roll	V HE	03
Brown roll	V HE	04

Please choose your salad portion size: Small 
Medium 
Large

#### SALAD please choose one

Ham and Coleslaw	GF	05
Grated Cheese	GF V	06
Plain salad	GF V HE	07

### SANDWICHES please choose one filling

			vvhite	e E	srow	n
Cheese and pickle	V	EC		08		09
Egg mayonnaise	V	EC		10		11
Ham and salad		HE		12		13
Chicken Mayo and lettue	ce	EC HC		14		15
Tuna mayo and cucumb	er	EC		16		17

14/1-11-

### DESSERTS please choose one

Vanilla ice cream	GF V EC	18
Sugar free jelly	GF V EC HE	19
Fruit jelly	GF EC HE	20
Fruit cocktail	GF V HE	21
Cheese & biscuits	V	22

# ACCOMPANIMENTS Mashed potato GF V HE EC FM

Mashed potato	GF V HE EC FM	09
Parsley potatoes	GF V HE EC FM	10
Sliced carrots	GF V HE EC	11
Vegetable medley	GF V HE FM	12

#### DESSERTS please choose one

Syrup Sponge and custard		
Rice pudding	GF V HE EC	
Ice cream	GF V EC	
Fruit jelly	GF HE EC	
Cheese & biscuits	V	
Fresh fruit	GF V HE	

DIET CODE: HE Healthy Eating

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GF	Gluten Free

- V Vegetarian
- EC Easy Chew
- HC High Calorie
- FM Forkable Meal

BAY

CUBICLE

# THURSDAY LUNCH 1

# NAME.....

# Please choose your portion size: Small Medium Large

# PLEASE TICK YOUR CHOICE

#### STARTERS please choose one

Orange juice	GF V HE	01
Apple juice	GF V HE	02
Cranberry juice	GF V HE	03

#### MAIN COURSES please choose one

Bacon loin and madeira sauce GF	
Chilli con carne GF EC FM	
Butternut squash, parsnip au gratin V EC HE FM	
Cottage cheese and pineapple salad GF V HE	

### WARD

BAY

CUBICLE

# THURSDAY SUPPER 1

# NAME.....

14 15 16

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19

# PLEASE TICK YOUR CHOICE -

# SOUP and BREAD ROLL

Chunky vegetable mulligatawn	y GF V	01
Root vegetable soup	GF V EC HC	02
White roll	V HE	03
Brown roll	V HE	04

Please choose your salad portion size: Small 
Medium 
Large

#### SALAD please choose one

Ham and Coleslaw	GF	05
Grated Cheese	GF V	06
Plain salad	GF V HE	07

### SANDWICHES please choose one filling

			vvhite	e E	srow	n
Cheese and pickle	V	EC		08		09
Egg mayonnaise	V	EC		10		11
Ham and salad		HE		12		13
Chicken Mayo and lettuc	e	EC HC		14		15
Tuna mayo and cucumb	er	EC		16		17

14/1-11-

### DESSERTS please choose one

Vanilla ice cream	GF V EC	18
Sugar free jelly	GF V EC HE	19
Fruit jelly	GF EC HE	20
Fruit cocktail	GF V HE	21
Cheese & biscuits	V	22

# ACCOMPANIMENTS

Mashed potato	GF V HE EC FM	09
Sauté potatoes	GF V HE EC	10
Cauliflower cheese	GF V HE	11
Brussels sprouts	GF V HE	12
Patna rice	GF V HE	13

#### DESSERTS please choose one

Apple sponge and custard		
Rice pudding	GF V HE EC	
Ice cream	GF V EC	
Fruit jelly	GF HE EC	
Cheese & biscuits	V	
Fresh fruit	GF V HE	

HE	Healthy Eating
~ -	

- GF Gluten Free
- V Vegetarian
- EC Easy Chew
- HC High Calorie
- FM Forkable Meal

BAY

CUBICLE

# **FRIDAY LUNCH 1**

# NAME.....

### Please choose your portion size: Small Medium Large

# PLEASE TICK YOUR CHOICE

#### STARTERS please choose one

Orange juice	GF V HE	
Apple juice	GF V HE	
Cranberry juice	GF V HE	

#### MAIN COURSES please choose one

Battered fillet of cod	HC FM	04
Liver and bacon casserole	GF	05
Vegetable stroganoff	GF V EC HE FM	06
Smoked mackerel salad	GF HE	07
		08

#### WARD

BAY

01 02 03

09

14 15 16

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18 19

CUBICLE

# **FRIDAY SUPPER 1**

# NAME.....

# PLEASE TICK YOUR CHOICE -

# SOUP and BREAD ROLL

Butterbean and tomato soup	GF	V	HC	01
vegetable soup	GF	V	EC	02
White roll		V	HE	03
Brown roll		V	HE	04

Please choose your salad portion size: Small 
Medium 
Large

#### SALAD please choose one

Ham and Coleslaw	GF	05
Grated Cheese	GF V	06
Plain salad	GF V HE	07

### SANDWICHES please choose one filling

			White	e E	Brow	n
Cheese and pickle	V	EC		08		09
Egg mayonnaise	V	EC		10		11
Ham and salad		HE		12		13
Chicken Mayo and lettuce	;	EC HC		14		15
Tuna mayo and cucumber	r	EC		16		17

### DESSERTS please choose one

Vanilla ice cream	GF V EC	18
Sugar free jelly	GF V EC HE	19
Fruit jelly	GF EC HE	20
Fruit cocktail	GF V HE	21
Cheese & biscuits	V	22

Mashed potato

ACCOMPANIMENTS

Chipped potatoes	GF V FM	10
Garden peas	GF V HE	11
Baby carrots	GF V HE EC FM	12
		13

GF V HE EC FM

#### **DESSERTS** please choose one

Ginger sponge and custard	V HC EC FM	
Rice pudding	GF V HE EC	
Ice cream	GF V EC	
Fruit jelly	GF HE EC	
Cheese & biscuits	V	
Fresh fruit	GF V HE	

DIET	CODE:
HE	Healthy Eating

	,
GF	Gluten Free

- V Vegetarian
- Easy Chew EC
- HC High Calorie
- Forkable Meal FM

BAY

CUBICLE

# SATURDAY LUNCH 1

# NAME.....

# Please choose your portion size: Small Medium Large

# PLEASE TICK YOUR CHOICE

#### STARTERS please choose one

Orange juice	GF V HE	01
Apple juice	GF V HE	02
Cranberry juice	GF V HE	03

#### MAIN COURSES please choose one

Cottage pie	GF HE EC FM	
Mild chicken curry	GF HE EC	
Leek and cheese crumble	V	
Cheese salad	V	

V	V	A	R	D
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BAY

CUBICLE

# **SATURDAY SUPPER 1**

# NAME.....

09

14 15 16

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19

# PLEASE TICK YOUR CHOICE -

# SOUP and BREAD ROLL

Vegetable broth	GF V	01
Tomato soup	GF V EC HC	02
White roll	V HE	03
Brown roll	V HE	04

Please choose your salad portion size: Small 
Medium 
Large

#### SALAD please choose one

Ham and Coleslaw	GF	05
Grated Cheese	GF V	06
Plain salad	GF V HE	07

### SANDWICHES please choose one filling

			White	e E	Brow	n
Cheese and pickle	V	EC		08		09
Egg mayonnaise	V	EC		10		11
Ham and salad		HE		12		13
Chicken Mayo and lettue	се	EC HC		14		15
Tuna mayo and cucumb	ber	EC		16		17

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### DESSERTS please choose one

Vanilla ice cream	GF V E	C	18
Sugar free jelly	GF V E	EC HE	19
Fruit jelly	GF E	EC HE	20
Fruit cocktail	GF V H	ΙE	21
Cheese & biscuits	V		22

#### Boulandere notatoes

Mashed potato

ACCOMPANIMENTS

Boulangere potatoes	GF V HE EC FM	10
French beans	GF V HE	11
Baton swede	GF V HE EC FM	12
Patna rice	GF V HE	13

GF V HE EC FM

#### **DESSERTS** please choose one

Bread and butter pudding and custard V HC EC		
Rice pudding	GF V HE EC	
Ice cream	GF V EC	
Fruit jelly	GF HE EC	
Cheese & biscuits	V	
Fresh fruit	GF V HE	

HE	Healthy Eating
<b>0F</b>	

- **Gluten Free** GF Vegetarian V
- EC Easy Chew
- HC High Calorie
- Forkable Meal FM

BAY

CUBICLE

# **SUNDAY LUNCH 1**

# NAME.....

# Please choose your portion size: Small Medium Large

### PLEASE TICK YOUR CHOICE

#### STARTERS please choose one

Orange juice	GF V HE
Apple juice	GF V HE
Cranberry juice	GF V HE

	01
	02
	03

#### MAIN COURSES please choose one

EC FM
GF HE EC
V HE
GF V

	04
	05
	06
	07
	08

09

14 15 17

17

18

19

#### WARD

BAY

CUBICLE

# **SUNDAY SUPPER 1**

# NAME.....

# PLEASE TICK YOUR CHOICE -

# SOUP and BREAD ROLL

Chick pea and lentil soup	GF V	01
Carrot and coconut soup	GF V EC HC	02
White roll	V HE	03
Brown roll	V HE	04

Please choose your salad portion size: Small 
Medium Large

#### SALAD please choose one

Ham and Coleslaw	GF	05
Grated Cheese	GF	06
Plain salad	GF V	07

### SANDWICHES please choose one filling

			Whit	e E	srow	n
Cheese and pickle	V	EC		08		09
Egg mayonnaise	V	EC		10		11
Ham and salad		HE		12		13
Chicken Mayo and lettu	ice	EC HC		14		15
Tuna mayo and cucum	ber	EC		16		17

14/1-11-

### DESSERTS please choose one

Vanilla ice cream	GF V EC	18
Sugar free jelly	GF V EC HE	19
Fruit jelly	GF EC HE	20
Fruit cocktail	GF V HE	21
Cheese & biscuits	V	22

# GF V EC FM

ACCOMPANIMENTS

Mashed potato

Roast potatoes

Roast potatoes	GF V EC FM	10
Savoy cabbage	GF V HE	11
Diced carrot and swede	GF V HE EC FM	12
Patna rice	GF V HE	13

GF V HE EC FM

#### **DESSERTS** please choose one

Pear and berry crumble and	custard	
Rice pudding	GF V HE EC	
Ice cream	GF V EC	
Fruit jelly	GF HE EC	
Cheese & biscuits	V	
Fresh fruit	GF V HE	

HE	Healthy Eating
05	

- Gluten Free GF V Vegetarian
- EC Easy Chew
- HC High Calorie
- Forkable Meal FM