

The weeks this menu is available

September

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Piri Piri Chicken Leg	Salmon Pasta Bake	Thai Beef Curry	Sweet and Sour Chicken	Catch of the Day
<i>Succulent Red Tractor chicken leg oven baked in tasty and aromatic spices</i>	<i>Fresh salmon with peas and pasta, oven baked in a dill sauce</i>	<i>Authentic Thai curry made with lean Red Tractor beef</i>	<i>Red Tractor chicken in homemade sweet and sour sauce</i>	<i>Freshly breaded white fish goujons served with chips</i>
Italian Pea and Fresh Herb Risotto	Quorn Chilli con Carne	Tomato, Cheddar and Spinach Tart	Tomato and Basil Pasta Bake	The Balti Burger
<i>Fresh, seasonal peas and herbs in an authentic Italian style rice dish</i>	<i>Quorn mince with onions and pulses in spicy sauce</i>	<i>A tart filled with sweet roasted tomatoes, spinach and mature Red Tractor Cheddar</i>	<i>A classic favourite made using wholemeal pasta</i>	<i>Homemade onion bhaji served in a seeded bun with mint raita</i>
Roasted Roots Sweet Potato	Baked Tortilla Chips Steamed Rice	Noodles Baby baked potatoes	Steamed Rice Dough Balls	Chunky Chips
Spicy Sweetcorn	Roasted Carrots	Glazed, Pan Fried Beans	Stir Fried Vegetables	Garden Peas
Fresh, Seasonal Fruit Salad with Yoghurt	Pineapple, Apple and Summer Berry Tart Tatin with Ice Cream	Pear and Chocolate Upside Down Cake with Custard	Chilled Berries with Vanilla Jelly and Cream	Syrup Sponge and Custard

**IF YOU PREFER A SALAD WITH YOUR MAIN COURSE, JUST ASK.
NOTHING YOU FANCY? HOW ABOUT A JACKET POTATO WITH A FILLING
OR OUR SOUP OF THE DAY? PLEASE ASK!**

FOOD ALLERGIES & INTOLERANCE - IF YOU REQUIRE INFORMATION ON ALLERGENS OR SUFFER FROM A FOOD INTOLERANCE, PLEASE SPEAK TO A TEAM MEMBER BEFORE YOU ORDER YOUR FOOD AND DRINKS.

MIND FOOD WORLD FOOD HEALTH FOOD ASSURED FOOD

