

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 THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage and Mash	Oriental Tuna Stir Fry	Beef Bolognese	Chinese Chicken Curry	Catch of the Day
<i>Red Tractor pork sausages served with rich onion gravy or barbecue sauce</i>	<i>Soy marinated tuna, stir fried with seasonal vegetables</i>	<i>Made with roasted beef in a rich tomato and basil sauce, served with wholemeal penne</i>	<i>Red Tractor chicken in a mild, oriental style curry sauce</i>	<i>Freshly battered pollock fillet served with chips</i>
Vegetarian Lasagne	Classic Mac 'n' Cheese	Spanish Omelette	Posh Mushrooms on Toast	Cheddar and Onion Pasty
<i>Fresh, seasonal vegetables in rich tomato sauce topped with creamy béchamel sauce</i>	<i>Macaroni pasta tubes encased in creamy cheese sauce, topped with Red Tractor Cheddar</i>	<i>Made with free range eggs, fresh seasonal vegetables and new potatoes</i>	<i>Creamy garlic mushrooms served on a toasted ciabatta roll</i>	<i>Homemade pasty filled with mature Red Tractor Cheddar and sautéed onions</i>
Mashed Potato Dough Balls	Cheese Twist New Potatoes	Cheesy Garlic Slice Spicy Wedges	Braised Rice	Chunky Chips
Carrots	Runner Beans	Ratatouille	Spring Greens	Mushy Peas
Ice Cream with Berry Compote	Apple Pie and Custard	Squash Cake with Orange Icing	Fresh, Seasonal Fruit Salad with Yoghurt	Banana Sticky Toffee Pudding

**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

COMPASS KITCHEN