

# WEEK 1

# WEEK 2

# WEEK 3

MONDAY

31/08 21/09 12/10/09/11 30/11

Savoury Minced Beef & Mash  
or  
Jacket Potato with Choice of Filling (v)  
Golden Corn, Mixed Salad  
Apple & Pear Crumble with Custard

TUESDAY

Hot Dog with Jacket Wedges & Tomato Sauce  
or  
Jacket Potato with Choice of Filling (v)  
BBQ Beans, Super Greens  
Chocolate & Beetroot Brownie

WEDNESDAY

Roast Chicken with Gravy & Roast Potatoes  
or  
Jacket Potato with Choice of Filling (v)  
Broccoli, Carrots  
Rice Pudding & Jam Sauce

THURSDAY

Beef Cottage Pie  
or  
Jacket Potato with Choice of Filling (v)  
Green Beans, Golden Corn  
Pear and Chocolate Sponge & Chocolate Custard

FRIDAY

Battered Cod with Chips & Tomato Sauce  
or  
Jacket Potato with Choice of Filling (v)  
Baked Beans, Garden Peas  
Apple Flapjack

07/09 28/09 19/10 16/11 07/12

Beef Burger with Jacket Wedges & Tomato Sauce  
or  
Jacket Potato with Choice of Filling (v)  
Garden Peas, Mixed Salad  
Syrup Sponge with Custard

Spaghetti Beef Bolognese  
or  
Jacket Potato with Choice of Filling (v)  
Green Beans, Cauliflower  
Flapjack

Roast Turkey with Gravy & Roast Potatoes  
or  
Jacket Potato with Choice of Filling (v)  
Shredded Cabbage, Carrots  
Strawberry Jelly & Peach Slices (v)

Chicken & Broccoli Pasta Bake  
or  
Jacket Potato with Choice of Filling (v) Broccoli,  
Baked Beans  
Pineapple Upside Down Cake with Custard

Breaded Fish with Chips & Tomato Sauce  
or  
Jacket Potato with Choice of Filling (v)  
Garden Peas, Golden Sweetcorn  
Lemon Curd Shortbread

14/09 05/10 02/11 23/11 14/12

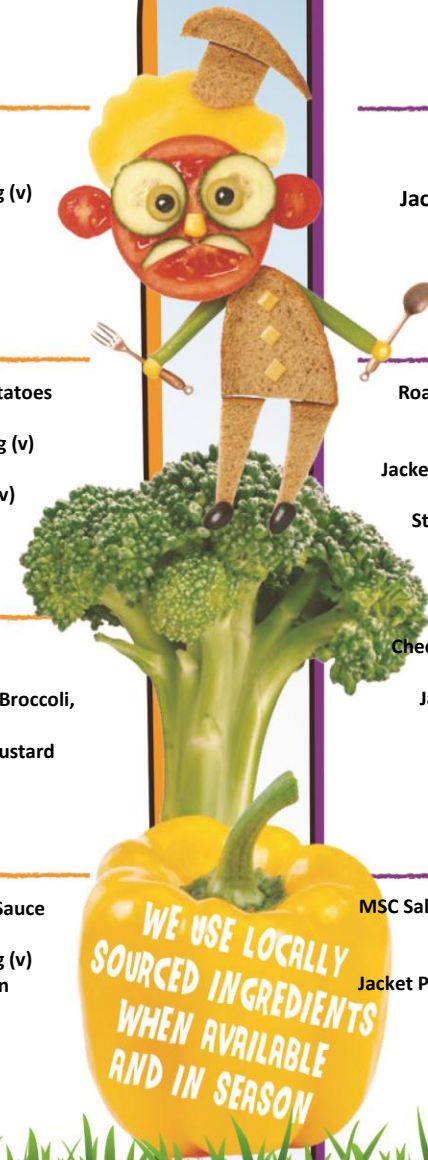
Sausage & Mash with Gravy  
or  
Jacket Potato with Choice of Filling (v)  
Carrots, Garden Peas  
Australian Crunch

Beef Lasagne with Garlic Bread  
or  
Jacket Potato with Choice of Filling (v)  
Green Beans, Golden Corn  
Jam Sponge and Custard

Roast Chicken with Stuffing, Gravy & Roast  
Potatoes  
or  
Jacket Potato with Choice of Filling (v) Broccoli,  
Carrots  
Strawberry Jelly & Pineapple Chunks (v)

Cheese & Tomato Pizza & Potato Wedges (v)  
or  
Jacket Potato with Choice of Filling (v)  
Green Beans, Golden Corn  
Peach Crumble with Custard

MSC Salmon Finger or White Fish Fingers with Chips  
& Tomato Sauce  
or  
Jacket Potato with Choice of Filling (v) Baked Beans,  
Garden Peas  
Iced Bun



Smile food that makes you happy

(V) Suitable for Vegetarians

SERVED DAILY - FRESHLY BAKED BREAD, FRESH FRUIT, YOGHURTS AND FRESH DRINKING WATER.