





Main Meal



Vegetarian



22/01,12/02, 04/03,25/03



#### MONDAY TUESDAY AROUND THE



**Meatball Marinara** and Pasta with mixed salad

**Sweet Chilli** 

Vegetable Stir Fry

with mixed salad

## Mild Chicken Curry

with whole grain rice and green beans

### Creamy Broccoli and Cheese Pasta Bake with green beans

Sausages with roast potatoes, broccoli and gravy

WEDNESDAY

**Roast Sausages** 

with roast potatoes.

broccoli and gravy

# **Cheesy Leek** Glamorgan

**Cheesy Bean** Wrap with oven baked wedges and veggies

Golden Fish

**Fingers** 

(Salmon or Pollock)

with wedges and

veggies

#### **THURSDAY** FRIDAY



Homemade Margherita Pizza homemade tomato and mozzarella pizza with chips and veggies

**Vegetable Dippers** with chips and veggies

## Fresh Pasta and Tomato Sauce available every day

Filled Jackets and freshly made sandwiches are also available

**Toffee Sponge** 

Jelly & **Fruit Slices** 

**Tropical Pineapple** Crumble

Orange Cookie

Vanilla Ice Cream

Fresh Bread, Yoghurt and Fruit are available daily













**Sweet Options** 

WEEK COMMENCING: 6/11, 27/11, 18/12, 8/01, 29/01, 19/02,11/03

#### MONDAY



Miquill Brunch (All Day breakfast meal)

### TUESDAY



Chicken Chow Mein Noodles with sweetcorn

### WEDNESDAY



Minced Beef and Onion Pastry Pie with carrots

# THURSDAY

Golden Fish Fingers with oven baked wedges and veggies

# FRIDAY AROUND THE SIN Norther

Homemade
Margherita Pizza
homemade tomato
and mozzarella
pizza with chips and
veggies

Miquill Brunch (All Day breakfast meal) Veggie Fingers with oven baked wedges and green salad Veggie, Lentil and Onion Pastry Pie with carrots Macaroni Cheese with sweetcorn

Mexican Bean Wrap with chips and

veggies

Fresh Pasta and Tomato Sauce available every day Filled Jackets and freshly made sandwiches are also available

Banana Sponge Cake Jammy Crumble Bars Apple Crumble

Orange Jelly Vanilla Ice Cream

Fresh Bread, Yoghurt and Fruit are available daily

MIQUILL









**Hot Dog** 

with oven baked

wedges and green

beans

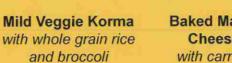


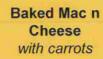
WEEK COMMENCING: 13/11, 4/12, 25/12, 15/01, 5/02, 26/02, 18/03

#### TUESDAY AROUND THE WEDNESDAY MONDAY AROUND THE



Roasted Vegetable with broccoli





**Roast Gammon** 

with roast

potatoes, carrots

and gravy

**Veggie Fishless Fingers** with oven baked wedges and beans

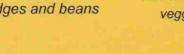
THURSDAY

Golden Fish

**Fingers** 

with oven baked

wedges and beans



Fresh Pasta and Tomato Sauce available every day Filled Jackets and freshly made sandwiches are also available

Watermelon Wedge

**Chocolate Bricks** 

**Oaty Apple Crunch Slice**  Strawberry Jelly

Vanilla Ice Cream

Fresh Bread, Yoghurt and Fruit are available daily





**BBQ Drizzle Pizza** with chips and veggies

> **Plant Based** Sausage Roll

with chips and veggies

MIQUILL