

## DATA SHEET - EXAMPLE MENU 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN COURSE</b>				
Freshly Prepared Chicken Chow Mein	Freshly Prepared Savoury Lamb Mince	Lamb/Pork Roast & Gravy	Freshly Prepared Chicken Curry & Rice	Freshly Prepared Tuna & Salmon Fish Pie(V)
Freshly Prepared Macaroni Cheese(V)	Freshly Prepared Spicy Bean Feast(V)	Freshly Prepared Neopolitan Pasta(V)	Freshly Baked Cheese & Pineapple Pizza(V)	Freshly Prepared Vegetable Quiche(V)
Jacket Potato with Egg Mayonnaise & Cress(V)	Jacket Potato with Baked Beans(V)	Jacket Potato with Tuna & Red Peppers	Jacket Potato with Cheese & Onion(V)	Jacket Potato with Coleslaw(V)
<b>POTATOES, RICE, PASTA AND BREAD COURSE</b>				
Parsley Potatoes Freshly baked bread	Tomato Pasta Freshly baked bread	Roast Potatoes Freshly baked bread	Steamed Rice Freshly baked bread	Chipped Potatoes Freshly baked bread
<b>VEGETABLE AND SALAD COURSE</b>				
Green Beans Free to select salad bar	Sweet corn Free to select salad bar	Diced Swede & Carrot Free to select salad bar	Baked Beans Free to select salad bar	Garden Peas Free to select salad bar
<b>DESSERT COURSE</b>				
Crunchy Peach Crumble & Vanilla Sauce	Fruit Fool	Creamy Milk Pudding	Branflake Fruit Loaf & Custard	Pineapple Shortbread & Milk
Fresh Fruit Pots	Fresh Fruit Pots	Fresh Fruit Pots	Fresh Fruit Pots	Fresh Fruit Pots
<b>DRINKS</b>				
Spring Water Low Fat Milkshake	Spring Water Fresh Semi Skimmed Milk	Spring Water Tropical Flavoured Water	Spring Water Zest of Lemon Sparkling Water	Spring Water Fruit Smoothie