

DATA SHEET - EXAMPLE MENU 2

Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE				
Turkey Twizzlers	Beef burger with cheese	Lamb/Pork Roast & Gravy	Freshly Prepared Chicken Curry	Freshly Prepared Fried Fish in crunchy batter
Homemade Spaghetti Bolognese	Chicken Nuggets	Grilled Sausages	Homemade Cottage Pie	Chilli Con Carne
Mixed Bean Feast with Tomato and Coriander(V)	Veggie Sausage rolls(V)	Veggie Burger with added cheese(V)	Freshly Baked Double Loaded Cheese and Tomato pizza(V)	Jacket Potato Filled with Cheese and Irish Butter(V)
POTATO, RICE AND BREAD COURSE				
Potato Wedges Boiled Rice Fresh White Bread	Chipped potatoes Potato Faces Fresh Bread and Butter	Roast Potatoes Boiled Potatoes Fresh Brown Bread	Mashed Potatoes Fried Rice Chapatti	Chipped Potatoes Naan Bread
VEGETABLE AND SALAD COURSE				
Tinned Tomatoes Sweet corn	Fried Tomatoes Spaghetti Hoops	Peas and Carrots Baked Beans	Salad Pot Baked Beans	Mushy Peas Red Kidney Beans
DESSERT COURSE				
Apple Crumble & Custard	Strawberry Cream Mousse	Rice Pudding	Chocolate Muffin	Shortbread Biscuit
Iced Cream Sundae	Chocolate cake	Selection Fresh Fruit	Crackers and Cheese	Fruit Jelly and Cream
DRINKS				
Water Orange Squash	Water Lemonade	Water Milk	Water Mixed Fruit Squash	Water Vimto