



WEEK 1

WEEK COMMENCING

26.02.18 19.03.18 23.04.18 14.05.18 11.06.18
02.07.18 23.07.18 17.09.18 08.10.18

MONDAY

Main: Baked Pork Sausages

Vegetarian: Baked Quorn Sausages

Side: Mashed Potatoes **Vegetables:** Baked Beans

Dessert: Chocolate Mousse

TUESDAY

Main: Savory Minced Beef & Tomato Sauce

Vegetarian: Savory Vegetable Mince & Tomato Sauce

Side: Rice **Vegetables:** Sweetcorn & Peppers

Dessert: Sultana Flapjack

WEDNESDAY

Main: Macaroni Cheese

Vegetarian: Vegetable & Tomato Ravioli

Side: Baked Garlic Bread **Vegetables:** Farmhouse Vegetables

Dessert: Vanilla Sponge & Custard

THURSDAY

Main: Beef Burger & Floured Bun

Vegetarian: Vegetable Burger & Floured Bun

Side: Onion Relish **Vegetables:** Carrot Sticks

Dessert: Fruit Jelly

FRIDAY

Main: Breaded Fish Fingers

Vegetarian: Vegetable Nuggets

Side: Chips **Vegetables:** Garden Peas

Dessert: Fruit Cake



WEEK 2

WEEK COMMENCING

05.03.18 09.04.18 30.04.18 21.05.18 18.06.18
09.07.18 03.09.18 24.09.18 15.10.18

MONDAY

Main: Bolognese Pasta Bake

Vegetarian: Vegetable Bolognese Pasta Bake

Side: Baked Garlic Bread **Vegetables:** Farmhouse Vegetables

Dessert: Strawberry Mousse

TUESDAY

Main: Roast Pork & Gravy

Vegetarian: Quorn Fillet & Gravy

Side: Roast Potatoes **Vegetables:** Carrots & Green Beans

Dessert: Banana cake

WEDNESDAY

Main: Chicken Strips in Tomato & Pepper Sauce

Vegetarian: Vegetable & Mixed Bean Casserole

Side: Rice **Vegetables:** Sweetcorn & Garden Peas

Dessert: Fruit Jelly

THURSDAY

Main: Cheese & Tomato Pizza

Vegetarian: Cheese & Tomato Pizza

Side: Jacket Potato **Vegetables:** Baked Beans & Coleslaw

Dessert: Chocolate Sponge & Custard

FRIDAY

Main: Battered Fish Fillet

Vegetables: Vegetable Sausages

Side: Chips **Vegetables:** Garden Peas

Dessert: Fruit Yogurt

DAILY EXTRAS

Jacket potatoes & cheesy beans are available daily, as the alternative to the main menu,
BAM FM recommends choosing the jacket potato option no more than twice a week. Fresh drinking water available



WEEK 3

WEEK COMMENCING

19.02.18 12.03.18 16.04.18 07.05.18 04.06.18
25.06.18 16.07.18 10.09.18 01.10.18

MONDAY

Main: Ham & Cheese Pasta Bake

Vegetarian: Cheesy Pasta Bake

Side: Baked Garlic Bread **Vegetables:** Garden Peas & Carrots

Dessert: Sultana Sponge & Custard

TUESDAY

Main: Pork Meatballs & Tomato Sauce

Vegetarian: Vegetable Meatballs & Tomato Sauce

Side: Rice **Vegetables:** Sweetcorn & Peppers

Dessert: Raspberry Mousse

WEDNESDAY

Main: Hot Dogs

Vegetarian: Vegetable Hot Dogs

Side: BBQ Beans **Vegetables:** Tomato Sauce

Dessert: Golden Syrup Flapjack

THURSDAY

Main: Chicken in a Creamy Sauce

Vegetarian: Jacket Potato & Cheesy Beans

Side: Mashed Potatoes **Vegetables:** Farmhouse Vegetables

Dessert: Fruit Jelly

FRIDAY

Main: Breaded Fish Fingers

Vegetarian: Vegetable Burger

Side: Chips **Vegetables:** Garden Peas & Sweetcorn

Dessert: Carrot Cake

