



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: Pork loin Strips
Side: Mashed Potatoes
Vegetables: Baked Beans
Dessert: Alpro Yoghurt

TUESDAY

Main: Savory Minced Beef & Tomato Sauce
Side: Rice
Vegetables: Sweetcorn & Peppers
Dessert: Sultana Flapjack

WEDNESDAY

Main: Pasta in a Tomato Sauce
Side: Baked Bread
Vegetables: Farmhouse Vegetables
Dessert: Vanilla Muffin

THURSDAY

Main: Beef Burger
Side: Potato Wedges
Vegetables: Carrot Sticks & Onion Relish
Dessert: Fruit Jelly

FRIDAY

Main: Bubble Battered Salmon
Side: Chips
Vegetables: Garden Peas
Dessert: Fruit Cookie



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
Side: Baked Bread
Vegetables: Farmhouse Vegetables
Dessert: Strawberry Mousse

TUESDAY

Main: Roast Pork & Gravy
Side: Roast Potatoes
Vegetables: Carrots & Green Beans
Dessert: Banana Muffin

WEDNESDAY

Main: Chicken Strips in Tomato & Pepper Sauce
Side: Rice
Vegetables: Sweetcorn & Garden Peas
Dessert: Fruit Jelly

THURSDAY

Main: Jacket Potato
Side: Baked Beans
Vegetables: Coleslaw
Dessert: Chocolate Cake

FRIDAY

Main: Bubble Battered Pollack
Side: Chips
Vegetables: Garden Peas
Dessert: Alpro Yoghurt



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 & Tomato Pasta Bake
Side: Baked Bread
Vegetables: Garden Peas & Carrots
Dessert: Jam Muffin

TUESDAY

Main: Pork Meatballs & Tomato Sauce
Side: Rice
Vegetables: Sweetcorn & Peppers
Dessert: Fruit Cocktail

WEDNESDAY

Main: Baked Chicken Fillet & Gravy
Side: Roast Potatoes
Vegetables: Carrots & Green Beans
Dessert: Golden Syrup Flapjack

THURSDAY

Main: Loin of Pork in Gravy
Side: Mashed Potatoes
Vegetables: Farmhouse Vegetables
Dessert: Fruit Jelly

FRIDAY

Main: Fish in a Tomato Sauce
Side: Chips
Vegetables: Garden Peas & Sweetcorn
Dessert: Lemon Cookie



DAILY EXTRAS

Jacket potatoes & 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 daily.