



## 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:** Chocolate Mousse

#### TUESDAY

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

#### WEDNESDAY

**Main:** Macaroni Cheese  
**Side:** Baked Garlic Bread  
**Vegetables:** Farmhouse Vegetables  
**Dessert:** Vanilla Muffin & Custard

#### 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 Garlic 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:** Cheese & Tomato Pizza  
**Side:** Jacket Potato  
**Vegetables:** Baked Beans & Coleslaw  
**Dessert:** Chocolate Sponge & Custard

#### FRIDAY

**Main:** Bubble Battered Pollack  
**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 daily.

## 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  
**Side:** Baked Garlic Bread  
**Vegetables:** Garden Peas & Carrots  
**Dessert:** Jam Muffin & Custard

#### TUESDAY

**Main:** Pork Meatballs & Tomato Sauce  
**Side:** Rice  
**Vegetables:** Sweetcorn & Peppers  
**Dessert:** Raspberry Mousse

#### WEDNESDAY

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

#### THURSDAY

**Main:** Chicken in a Creamy Sauce  
**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

