

## Simply Good Food Menu

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shepherd's Pie	Suffolk Pork Sausages (Gravy Optional) with Creamed Potatoes	Roast Beef with Yorkshire Pudding with Roast Potatoes or Pasta Choice	Traditional Chicken Pie with Potato Wedges	Fish Fingers with Low Fat Chips or Pasta Choice
Southern Style Quorn Burger (V) with Diced Potatoes	Cheese Flan (V) with Potato Wedges	Rich Tomato Bolognese (V) with Pasta Spirals	Jacket Potato with Baked Beans (V)	Cheese and Tomato Pizza (V) served with Low Fat Chips or Pasta Choice
Fruit Crumble with Custard	Golden Rice Krispie with Milkshake	Lemon Shortbread Slice with Custard	Ginger Sponge with Toffee Sauce	Fresh Fruit and Mini Chocolate Brownie
WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Breast (Gravy Optional) with Diced Potatoes	Bolognese Sauce with Spaghetti or Pasta Spirals	Roast Pork with Apple Sauce with Roast Potatoes or Pasta	Oven Baked Battered Fish Fillet with Creamed Potatoes	Beef Burger in a Bun with Low Fat Chips or Pasta Choice
Jacket Potato with Cheese (V)	Vegetarian Slice (V) with Potato Wedges	Sticky Quorn Sausages (V) with Roast Potatoes or Pasta	Shaun the Sheep Pasta Bake (V) with Optional Crusty Wholemeal Bread	Margarita Pizza (V) with Low Fat Chips or Pasta Choice
Chocolate Shortbread with Chocolate Sauce	Strawberry Cheesecake	Lemon Mousse with Shortbread Finger	Iced Apple Sponge with Ice Cream	Fresh Fruit and Mini Oat Cookie
WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Filled Yorkshire Pudding with Potato Wedges	Pork Loin Steak with Optional Barbeque Sauce or Gravy	Roast Chicken with Sage and Onion Stuffing with Roast Potatoes or Pasta Choice	Beefy Pasta Bake with Side Salad	Salmon Fish Fingers with Low Fat Chips or Pasta Choice
Macaroni Cheese (V) with Wholemeal Garlic Bread	Jacket Potato with Choice of Fillings (V)	Roast Quorn Fillet with Sage and Onion Stuffing (V) with Roast Potatoes or Pasta Choice	Sausage Hot Dog (V) with Diced Potatoes	Cheese and Tomato Pizza (V) with Low Fat Chips or Pasta Choice
Fruit Muffin with Juice Drink	Cornflake Tart with Custard	Apple Pancake with Ice Cream	Banana Flapjack with Custard	Fresh Fruit and Mini Gingerbread Finger

**Freshly Baked Bread available daily plus a selection of Vegetables and Bowl Salads.  
Fresh Fruit, Yoghurt and Cheese and biscuits available daily**

*See overleaf for more information*