

St. Giles Spring 2019

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheese and Tomato Pizza with Crispy Potatoes	Beef Bolognese with Pasta	Beef Sausages with Mashed Potatoes and Baked Beans	Roast Chicken with Mashed Potatoes and Gravy	Fish Fingers with Chips
Veggie	Sweet Potato Cakes with Crispy Potatoes	Creamy Tofu and Vegetable Pasta Bake	Red Lentil Dahl with Rice	Herb Roasted Tofu with Roast Potatoes and Gravy	Lentil Chilli with Chips
3 rd Opt	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Plain Tuna
Veg	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Vanilla Shortbread with Custard	Fruit Crumble with Custard	Berry Sponge with Custard	Chocolate Mousse	Banana Cake and Custard

All Vegetarian Meals are Dairy Free

Dairy Free Mashed Potatoes served daily as a carbohydrate alternative.

Fresh Fruit, Yoghurt, and Dairy Free Custard served daily as dessert alternatives and accompaniments

Seasonal Vegetables include: Carrots, Swede, Broccoli, Cauliflower, Courgettes, Aubergines, Baked Beans, Butternut Squash, Cabbage

St. Giles Spring 2019

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni Cheese	Beef Burger with Crispy Potatoes NO BUN	Beef Enchilada with Mexican Rice	Roast Chicken with Roast Potatoes and Gravy	Fish and Chips
Veggie	Lentil and Vegetable Cottage Pie	Sweet Potato Burger with Crispy Potatoes NO BUN	Sweet and Sour Tofu Stir Fry with Noodles	Vegan Sausages with Roast Potatoes and Gravy	Hummus and Roasted Vegetable Flatbread with Chips
3 rd Opt	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Plain Tuna
Veg	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Strawberry Mousse	Pineapple Sponge with Custard	Vanilla Shortbread with Custard	Chocolate Berry Cake with Custard	Apple Crumble with Custard

All Vegetarian Meals are Dairy Free

Dairy Free Mashed Potatoes served daily as a carbohydrate alternative.

Fresh Fruit, Yoghurt, and Dairy Free Custard served daily as dessert alternatives and accompaniments

Seasonal Vegetables include: Carrots, Swede, Broccoli, Cauliflower, Courgettes, Aubergines, Baked Beans, Butternut Squash, Cabbage

St. Giles Spring 2019

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Summer Vegetable Savoury Rice	Chinese Honey Beef with Rice	Cottage Pie	Roast Chicken with Roast Potatoes and Gravy	Salmon Fish Cake and Chips
Veggie	Vegetable Bolognese with Pasta	Chick Pea Curry with Rice	Roasted Spring Vegetable Pasta	Creamy Sweet Potato and Lentil Bake	BBQ Tofu with Chips
3 rd Opt	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Plain Tuna
Veg	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Chocolate Brownie with Chocolate Sauce	Blueberry and Lemon Cake with Custard	Fruit Crumble with Custard	Raspberry Shortbread with Custard	Strawberry Mousse

All Vegetarian Meals are Dairy Free

Dairy Free Mashed Potatoes served daily as a carbohydrate alternative.

Fresh Fruit, Yoghurt, and Dairy Free Custard served daily as dessert alternatives and accompaniments

Seasonal Vegetables include: Carrots, Swede, Broccoli, Cauliflower, Courgettes, Aubergines, Baked Beans, Butternut Squash, Cabbage