



WEEK 1

WEEK COMMENCING

03/07/17 04/09/17 25/09/17 16/10/17
13/11/17 04/12/17 08/01/18 29/01/18

MONDAY

Meat: Pasta Bolognaise Bake
Vegetarian: Veggie Ravioli with Tomato Sauce
Side: Garlic Slice
Vegetables: Peas & Corn
Dessert: Plum & Apple Crumble with Custard

TUESDAY

Meat: Pork Meatballs in Tomato Sauce
Vegetarian: Chilli 'non' Carne
Side: Boiled Rice
Vegetables: Mixed Vegetables
Dessert: Lemon Drizzle Cake



WEDNESDAY

Meat: Roast Chicken with Gravy
Vegetarian: Baked Quorn Fillet with Gravy
Side: Roast Potatoes
Vegetables: Green Beans and Carrots
Dessert: Pancakes with Chocolate Sauce

THURSDAY

Meat: Baked Sausages
Vegetarian: Veggie Sausages
Side: Mashed Potatoes
Vegetables: Baked Beans
Dessert: Fruit Cocktail

FRIDAY

Fish: Harry Ramsdens MSC Lemon Fish Fillet
Vegetarian: Tomato & Pepper Wholewheat Pasta
Side: Baked Potato Wedges
Vegetables: Garden Peas
Dessert: Chocolate Brownie Cake



WEEK 2

WEEK COMMENCING

10/07/17 11/09/17 02/10/17 30/10/17
20/11/17 11/12/17 15/01/18 05/02/18

MONDAY

Meat: Pulled Pork Tortilla Wrap
Vegetarian: Quorn Meatballs in Tomato Sauce
Side: Savoury Rice
Vegetables: Sweetcorn & Peppers
Dessert: Apple & Cinnamon Sponge with Custard

TUESDAY

Meat: Roast Turkey with Gravy
Vegetarian: Wholemeal Veggie Cheese Bake
Side: Roast Potatoes
Vegetables: Mixed Vegetables
Dessert: Raspberry Mousse

WEDNESDAY

Meat: Chicken Pieces in Tomato & Herb Sauce
Vegetarian: Vegetable Sausage Casserole
Side: Boiled Rice
Vegetables: Garden Peas
Dessert: Jelly Pots

THURSDAY

Meat: Roast Beef with Gravy
Vegetarian: Five Bean Casserole
Side: Fondant Potatoes
Vegetables: Green Beans & Carrots
Dessert: Chocolate & Pear Crumble with Chocolate Sauce

FRIDAY

Fish: Harry Ramsdens MSC Battered Fish Bites
Vegetarian: Vegetable Nuggets
Side: Chips
Vegetables: Baked Beans
Dessert: Fruit Cake

DAILY EXTRAS

Jacket potatoes with cheesy beans & salad plus fresh drinking water and bread available daily.
As the alternative to the main menu, BAM FM recommends only choosing the jacket potato option no more than twice a week



WEEK 3

WEEK COMMENCING

17/07/17 18/09/17 09/10/17 06/11/17
27/11/17 18/12/17 22/01/18

MONDAY

Meat: Cheesy Tomato & Chicken Bake
Vegetarian: BBQ Quorn Bake with Wholemeal Pasta
Side: Garlic Slice
Vegetables: Sweetcorn & Peppers
Dessert: Apple & Pineapple Flapjack Crumble with Custard

TUESDAY

Meat: Roast Pork with Gravy
Vegetarian: Broccoli & Cauliflower Cheese
Side: Fondant Potatoes
Vegetables: Mixed Vegetables
Dessert: Fruit Scone

WEDNESDAY

Meat: 100% Beef Burger in a Flour Bap
Vegetarian: Cheese, Onion & Sweet Potato Bake
Side: Herby Diced Potatoes
Vegetables: Baked Beans
Dessert: Chocolate Orange Cake

THURSDAY

Meat: Baked Fillet of Chicken with Gravy
Vegetarian: Vegetable Lasagne
Side: New Potatoes
Vegetables: Green Beans & Carrots
Dessert: Sultana Sponge with Custard

FRIDAY

Meat: MSC Breaded Fish Fingers
Vegetarian: Cheese & Tomato Pizza
Side: Chips
Vegetables: Peas & Corn
Dessert: Fruit Cocktail

