

TUESDAY

AROUND THE

Mild Chicken

Curry

with whole grain

rice and green

beans













**Meatball Marinara** and Pasta with mixed salad

**Sweet Chilli Vegetable Stir Fry** with mixed salad

**Creamy Broccoli** and Cheese Pasta Bake with green beans

Glamorgan Sausages with roast potatoes, broccoli and gravy

**Roast Sausages** 

with roast potatoes,

broccoli and gravy

**Cheesy Leek Cheesy Bean** Wrap with oven baked wedges and veggies



Golden Fish **Fingers** (Salmon or Pollock) with wedges and veggies

Margherita Pizza homemade tomato and mozzarella pizza with chips and veggies

Homemade

FRIDAY

**Vegetable Dippers** with chips and veggies

Fresh Pasta and Tomato Sauce available every day Filled Jackets and freshly made sandwiches are also available

Jelly & **Toffee Sponge Fruit Slices** 

**Tropical Pineapple** Crumble

Orange Cookie

Vanilla Ice Cream

Fresh Bread, Yoghurt and Fruit are available daily

**WEEK COMMENCING:** 30/10, 20/11, 11/12, 01/01, 22/01,12/02, 04/03,25/03

**MIQUILL** 











**Sweet Options** 

## MONDAY



Miquill Brunch (All Day breakfast meal)



Chicken Chow Mein Noodles with sweetcorn



Minced Beef and Onion Pastry Pie with carrots



Golden Fish
Fingers
with oven baked
wedges and
veggies



Homemade
Margherita Pizza
homemade tomato
and mozzarella
pizza with chips and
veggies

Miquill Brunch (All Day breakfast meal) Veggie Fingers with oven baked wedges and green salad Veggie, Lentil and Onion Pastry Pie with carrots Macaroni Cheese with sweetcorn

Mexican Bean Wrap with chips and

veggies

Fresh Pasta and Tomato Sauce available every day

Filled Jackets and freshly made sandwiches are also available

Banana Sponge Cake Jammy Crumble Bars

Apple Crumble

Orange Jelly

Vanilla Ice Cream

Fresh Bread, Yoghurt and Fruit are available daily

WEEK COMMENCING: 6/11, 27/11, 18/12, 8/01, 29/01, 19/02,11/03

















**Hot Dog** with oven baked wedges and green beans

Veggie Shepherd's Pie with green beans

Mild Veggie Korma with whole grain rice and broccoli

TUESDAY

AROUND THE

Tomato and

**Roasted Vegetable** 

Pasta Bake

with broccoli

Baked Mac n Cheese with carrots

wednesday

**Roast Gammon** 

with roast

potatoes, carrots

and gravy

**Veggie Fishless Fingers** 

THURSDAY

**Golden Fish** 

**Fingers** 

with oven baked

wedges and beans

with oven baked wedges and beans

Fresh Pasta and Tomato Sauce available every day Filled Jackets and freshly made sandwiches are also available

Watermelon

Wedge

**Chocolate Bricks** 

**Oaty Apple Crunch Slice**  **Strawberry** Jelly

Vanilla **Ice Cream** 

**WEEK COMMENCING:** 13/11, 4/12, 25/12, 15/01, 5/02, 26/02, 18/03

Fresh Bread, Yoghurt and Fruit are available daily



FRIDAY

with chips and veggies

**Plant Based** Sausage Roll with chips and

veggies

