Ashgate Menu

Week 1 W/C	**Meat Free Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Fish Friday**
Meal Choice 1:	**D** Cheese Roll	**D** Sausage dinner Halal Sausage dinner Quorn Sausage dinner	**W** Chicken stir fry Halal Chicken stir fry Quorn stir fry Egg noodles	**D** All day brekkie Halal Brekkie in a Quorn Brekkie	**D** Fish finger Veggie fingers
Meal Choice 2:	**W** Quorn Pasta Bake	**W** Veg Curry & rice	**D** Cheese whirl Diced potatoes	**W** Quorn chilli Rice & Garlic bread	**W** Pizza
Meal Choice 3:	**Baked Potato Fillings- Cheese, Baked Beans, cheese & beans, Tuna.** **Sandwiches- Cheese, Ham, Egg or Tuna. *Served with plain popcorn and veg sticks*** **Plain Pasta**				
Special					
Accompaniments: Select accompaniment appropriate to main meal choices	Curly fries Carrots	Mash potato Yorkshire puddings Mixed veg	sweetcorn	Beans	Chips Beans
Second Course: Cheese & crackers and Yoghurt daily	Home made Shortbread	Pineapple upside down cake with custard	Oat biscuit	Chocolate Brownie	Mix up
Fruit and salad available from the hatch daily					

Ashgate Menu

Week 2 W/C	**Meat Free Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Fish Friday**
Meal Choice 1:	**D** Quorn Nuggets	**W** Chicken Tikka Halal Chicken Tikka Quorn Tikka	**D** Sausage Roll Halal sausage Roll Quorn sausage Roll	**W** Spanish Chicken Halal Spanish chicken Quorn Spanish chicken	**D** Fish fingers Veggie fingers
Meal Choice 2:	**W** Cheese Flan	**D** Veg Pasty New potatoes	**W** Creamy cheesy pasta	**D** Vegetable spring rolls	**W** Pizza
Meal Choice 3:	**Baked Potato Fillings- Cheese, Baked Beans, cheese & beans, Tuna.** **Sandwiches- Cheese, Ham, Egg or Tuna. *Served with plain popcorn and veg sticks*** **Plain Pasta.**				
Special					
Accompaniments: Select accompaniment appropriate to main meal choices	Wedges Carrots	Rice Naan bread	Sweetcorn Diced potatoes	rice Mixed veg	Chips beans
Second Course: Cheese & crackers and Yoghurt daily	Cherry biscuit	Jam Sponge & custard	flapjack	White chocolate & raspberry cake	Mix up
Fruit and salad available from the hatch daily					