

Weeks Commencing - 3<sup>rd</sup> & 24<sup>th</sup> September, 15<sup>th</sup> October, 12<sup>th</sup> November, 3<sup>rd</sup> December

## The Shrubbery Kitchen Menu Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main course</b>	Sticky BBQ Chicken	Lamb Spaghetti Bolognese	Roast Glazed Gammon	Mild Beef Chilli with Nachos' and Salsa	Breaded or Baked Fish
<b>Vegetarian</b>	Roast Butternut and pepper frittata	Quorn Bolognese	Baked Peppers stuffed with zesty cous cous	Five Bean chilli with Nachos' and salsa	Roasted Vegetable flat bread with mozzarella
<b>On the Side</b>	New potatoes Mixed Greens	Garlic Bread Peas and Sweetcorn	Herb Roast Potatoes Mashed Swede Broccoli	Braised Rice Peas	Chips Beans and Peas
<b>Chefs extra</b>	Baked Macaroni Cheese	Baked Jackets with Chefs Filling  Leek and Potato Soup	Tricolour Fusilli pasta with tomato and basil	Baked Jackets with Chefs Filling  Roast Tomato Soup	Penne Pasta tossed in Green Pesto
<b>Daily Sandwiches</b>	Filled Tortilla Wraps	Soft cob rolls with traditional fillings	Tuna or Falafel Pitta Bread Pockets	Classic Sliced Loaf Choice of Fillings	Fish Finger Wraps with crisp lettuce and mayo
<b>Something Sweet</b>	Granola Flapjack Squares  Daily cold pots, cut fruit and yoghurts	Sticky Toffee Pudding with custard  Daily cold pots, cut fruit and yoghurts	Creamy Rice Pudding with topping selection  Daily cold pots, cut fruit and yoghurts	Apple and mixed berry crumble with custard  Daily cold pots, cut fruit and yoghurts	Chocolate brownie squares  Daily cold pots, cut fruit and yoghurts