

HOT Delivered Menu 3 POD

Weeks commencing: **07/06/2021** **28/06/2021** **19/07/2021**

| 2021 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|---|--|---|--|---|
| Main Meal | Pork Meatballs with Tomato Sauce Wholemeal Pasta Sweetcorn | Cheese and Tomato Pizza Baked Beans | Southern Fried Chicken Bites with BBQ Dip Rice Mixed Vegetables | Roast Turkey Fillet in Gravy Yorkshire Pudding Roast Potatoes Diced Carrots | Ultimate Fish Fingers Hash Brown Garden Peas |
| Vegetarian alternative | Meat Free Meat Balls in Tomato Sauce Wholemeal Pasta Sweetcorn | Meat Free Sausage Roll Baked Beans | Vegetable Potato and Chickpea Curry Rice Mixed Vegetables | Roast Quorn Fillet in Gravy Yorkshire Pudding Roast Potatoes Diced Carrots | All day vegetarian breakfast |
| Jacket Potato | Jacket Potato with Baked Beans | Jacket Potato with Cheese | Jacket Potato with Tuna Mayonnaise | Jacket Potato with Vegan Chickpea Salad | Jacket Potato with Cheese |
| Red Menu | Ham Sandwich Sultana & Raisin Bag Golden Oat Flapjack Apple | Ham Roll Apricot Bag Gingerbread Biscuit Satsuma | Ham Roll Fruit Yoghurt Vanilla Muffin Apple | Chicken Mayo Roll Laughing Cow Cheese Triangle Shortbread Biscuit Satsuma | Chilled Vegetable and Tomato Pasta Salad Sultana & Raisin Blueberry Flapjack Satsuma |
| Green Menu | Cheddar Cheese Sandwich Sultana & Raisin Bag Golden Oat Flapjack Apple | Cheddar Cheese Roll Apricot Bag Gingerbread Biscuit Satsuma | Meat Free Sausage Roll Fruit Yoghurt Vanilla Muffin Apple | Cheddar Cheese Roll Laughing Cow Cheese Triangle Shortbread Biscuit Satsuma | Cheddar Cheese Sandwich Sultana & Raisin Blueberry Flapjack Satsuma |
| Pudding for hot meals | Fruit Yoghurt | Fresh Fruit | Chocolate Sponge | Sweet Waffles with syrup | Frozen Yoghurt |

Weeks commencing: **14/06/2021** **05/07/2021**

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|--|---|---|--|--|
| Main Meal | Chicken Burger (NO Roll) Croquette Potatoes Sweetcorn | Pork Sausages Mashed Potatoes Baked Beans | Chicken Tikka Rice Mixed Vegetables | Roast Beef in Gravy Yorkshire Pudding Roast Potatoes Diced Carrots | Salmon and Sweet Potato Fishcake Chips Garden Peas |
| Vegetarian alternative | Meat Free Southern Fried Chicken Style Burger (NO Roll) Croquette Potatoes Sweetcorn | Cheese and Tomato Quiche NEW Potatoes in Skins Baked Beans | Macaroni Cheese Mixed Vegetables | Roast Quorn Fillet in Gravy Yorkshire Pudding Roast Potatoes Diced Carrots | Plain Omelette Chips Garden Peas |
| Jacket Potato | Jacket Potato with Baked Beans | Jacket Potato with Cheese | Jacket Potato with Tuna Mayonnaise | Jacket Potato with Vegetable Potato and Chickpea Curry | Jacket Potato with Cheese |
| Red Menu | Ham Sandwich Sultana & Raisin Bag Golden Oat Flapjack Apple | Ham Roll Apricot Bag Gingerbread Biscuit Satsuma | Roast Beef Roll Fruit Yoghurt Vanilla Muffin Apple | Chicken Mayo Roll Laughing Cow Cheese Triangle Shortbread Biscuit Satsuma | Vegan Chickpea Salad Sultana & Raisin Blueberry Flapjack Satsuma |
| Green Menu | Cheddar Cheese Sandwich Sultana & Raisin Bag Golden Oat Flapjack Apple | Meat Free Sausage Roll Apricot Bag Gingerbread Biscuit Satsuma | Cheddar Cheese Roll Fruit Yoghurt Vanilla Muffin Apple | Egg Mayonnaise Roll Laughing Cow Cheese Triangle Shortbread Biscuit Satsuma | Cheese and Tomato Pizza Slice Sultana & Raisin Blueberry Flapjack Satsuma |
| Pudding for hot meals | Mini Blueberry Muffin | Fresh Fruit | Sticky Gingernut Loaf | Raspberry Mousse Slice | Buttermilk American Pancakes with Syrup |

HOT Delivered Menu 3 POD

Week Commencing 21/06/2021 12/07/2021

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|---|---|---|--|--|
| Main Meal | Chicken Fillet in BBQ Sauce Rice Sweetcorn | Pork Sausages in Gravy NEW Potatoes in Skins Green Beans | Beef Meatballs in Tomato Sauce Pasta Mixed Vegetables | Roast Chicken Fillet in Gravy Yorkshire Pudding Roast Potatoes Diced Carrots | Lemon Sole Fish Bites Chips Garden Peas |
| Vegetarian alternative | Vegan Nugget with BBQ Dip Rice Sweetcorn | Tomato Tumble NEW Potatoes in Skins Green Beans | Macaroni Cheese Mixed Vegetables | Roast Quorn Fillet in Gravy Yorkshire Pudding Roast Potatoes Diced Carrots | Vegetable Lasagne Chips Garden Peas |
| Jacket Potato | Jacket Potato with Baked Beans | Jacket Potato with Cheese | Jacket Potato with Tuna Mayonnaise | Jacket Potato with Vegan Chilli | Jacket Potato with Cheese |
| Red Menu | Ham Sandwich Sultana & Raisin Bag Golden Oat Flapjack Apple | Ham Roll Apricot Bag Gingerbread Biscuit Satsuma | Pork Sausage Roll Fruit Yoghurt Vanilla Muffin Apple | Ham Sandwich Laughing Cow Cheese Triangle Shortbread Biscuit Satsuma | Rainbow Pasta Salad Sultana & Raisin Blueberry Flapjack Satsuma |
| Green Menu | Cheddar Cheese Sandwich Sultana & Raisin Bag Golden Oat Flapjack Apple | Mini Cheese and Onion Pastie Apricot Bag Gingerbread Biscuit Satsuma | Cheddar Cheese Roll Fruit Yoghurt Vanilla Muffin Apple | Egg Mayonnaise Sandwich Laughing Cow Cheese Triangle Shortbread Biscuit Satsuma | Cheddar Cheese Roll Sultana & Raisin Blueberry Flapjack Satsuma |
| Pudding for hot meals | Fruit Yoghurt or Ice Lolly | Fresh Fruit | Lemon Drizzle Cake | Oat and Raisin Cookie | Crepes with Honey |