







/egetarian





**Meatball Marinara** 

and Pasta

with mixed salad

**Sweet Chilli** 

**Vegetable Stir Fry** 

with mixed salad



# Mild Chicken

TUESDAY

AROUND THE

Curry
with whole grain
rice and green
beans

Creamy Cheese Pasta Bake with green beans

Cheesy Leek
Glamorgan
Sausages
with roast potatoe

with roast potatoes, broccoli and gravy

**Roast Sausages** 

with roast potatoes,

broccoli and gravy

THURSDAY



BBQ Drizzle
Pizza
with oven baked
wedges and peas

as Pollock) with chips and baked beans

FRIDAY

**Golden Fish** 

**Fingers** 

(Salmon or

Pizza Margherita Mexican Bean
Chips and baked Wrap
beans with oven baked wedges and pea

Fresh Pasta and Tomato Sauce available every day

Filled Jackets and freshly made sandwiches are also available

**Toffee Sponge** 

Jelly & Fruit Slices

Tropical Pineapple Crumble

Orange Cookie

Vanilla Ice Cream

WEEK COMMENCING: 06/11,27/11,18/12,08/01,29/01,19/02,11/03

Fresh Bread, Yoghurt and Fruit are available daily

MIQUILL











## MONDAY



Miquill Brunch (All Day breakfast meal)

# TUESDAY



Margherita Pizza with oven baked wedges and green salad

#### WEDNESDAY



Minced Beef and Onion Pastry Pie with carrots

### THURSDAY



Chicken Chow Mein Noodles with sweetcorn

#### FRIDAY



Golden Fish Fingers with chips and baked beans

Miquill Brunch (All Day breakfast meal) Veggie Fingers with oven baked wedges and green salad Veggie, Lentil and Onion Pastry Pie with carrots Tarka Dhal with whole grain rice and sweetcorn Cheesy Sweetcorn Pizza with chips and baked beans

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: 13/11,04/12,15/01,05/02,26/02 .18/03















Veggie

Shepherd's Pie

with green beans

MONDAY

With green beans



TUESDAY AROUND THE



Mild Veggie Korma with whole grain rice and broccoli



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

WEDNESDAY

**Roast Gammon** 

with roast

potatoes, carrots

and gravy



THURSDAY

**BBQ Drizzle Pizza** 

with oven baked

wedges and peas



FRIDAY

**Golden Fish** 

**Fingers** 

with chips and

beans





**Chocolate Bricks** 

**Oaty Apple Crunch Slice**  Strawberry Jelly

Vanilla **Ice Cream** 

Fresh Bread, Yoghurt and Fruit are available daily

**WEEK COMMENCING:** 20/11,11/12,22/01,12/02,04/0 3,25/03

MIQUILL