

North Walkden Autumn / Winter Menu 2017/18

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main Meal</b>	Smothered Chicken in a Tomato sauce served with Savoury Rice and Peas	Beef Burger served in Bun, with Oven Baked Chipped Potatoes, Sweetcorn and a Tomato Dip	Roast Chicken served with Roast Potatoes, Mixed Vegetables and Gravy	Pasta Bolognese served with Garlic Bread	Fish Fingers served with Creamed Potatoes and Baked Beans
	<b>Main Meal (non meat) Choice</b>	Sausage Roll served with Oven Baked Herby Diced Potatoes and Baked Beans	Quorn Curry served with Rice and Naan Bread	Cheese and Onion Quiche served with Hash Browns and Baked Beans	Cheese Omelette served with Oven Baked Jacket Wedges and Spaghetti Hoops	Vegetable Nuggets served with Creamed Potatoes and Baked Beans
	<b>Cold Choice</b>	A selection of freshly made sandwiches/wraps served with choice from the salad bar				
	<b>Jacket Potato</b>	Jacket Potato served with either Baked Beans, Tuna Mayonnaise, Homemade Coleslaw or Cheddar Cheese ( 3 available daily)				
	<b>Pudding</b>	Frozen Smoothie	Fruit Sponge with Custard	Fruity Day	Chocolate and Orange Muffin	Muffin with a Butter Cream Filling
	<b>Pudding</b>	Shortbread Biscuit	Chocolate Cookie with ½ Fruit	Cheese and Biscuits	Oaty Biscuit with ½ Fruit	Cheese and Biscuits
	<b>Pudding</b>	Selection of Fresh Fruits /Yoghurt				

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<b>Week 2</b>	<b>Main Meal</b>	Brunch (Sausage, Hash Brown, Omelette, Baked Beans) served with ½ Tomato	Lasagne served with Garlic Bread and Salad	Sliced Turkey served with Roast Potatoes, Carrots, Stuffing and Gravy	Chicken Pastabake served with Mixed Vegetables	Fish Fillet served with Oven Baked Chipped Potatoes, Peas and a Tomato Dip
	<b>Main Meal (non meat) Choice</b>	Quorn Biryani served with Naan Bread	Quorn Sausage served with Yorkshire Pudding, Creamed Potatoes, Peas and Gravy	Quorn Chilli served with Rice and Crusty Bread	Cheese and Tomato Pizza served with Oven Baked Jacket Wedges and Sweetcorn	Cheese Pie served with Oven Baked Chipped Potatoes, Peas and a Tomato Dip
	<b>Cold Choice</b>	A selection of freshly made sandwiches/wraps served with choice from salad bar				
	<b>Jacket Potatoes</b>	Jacket Potato served with either Baked Beans, Tuna Mayonnaise, Homemade Coleslaw or Cheddar Cheese, ( 3 available daily )				
	<b>Pudding</b>	Chocolate Muffin	Lemon Drizzle Cake	Fruity Day	Arctic Roll	Fruit Sponge with Custard
	<b>Pudding</b>	Ginger Biscuit with ½ Fruit	Viennese Biscuit with ½ Fruit	Cheese and Biscuits	Chocolate Biscuit with ½ Fruit	Cheese and Biscuits
	<b>Pudding</b>	Selection of Fresh Fruits/ Yoghurts				

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<b>Week 3</b>	<b>Main Meal</b>	Chicken and Sweet Potato Curry served with Rice	Meatballs in a Tomato and Basil sauce served with Pasta and Garlic Bread	Meat Pie served with Creamed Potatoes, Mixed Vegetables and Gravy	Chicken Fajita served with Oven Baked Jacket Wedges, Sweet corn	Salmon Fillet served with Oven Baked Herby Diced Potatoes and Baked Beans
	<b>Main Meal (non meat) Choice</b>	Cheese Omelette served with Oven Baked Herby Diced Potatoes and Baked Beans	Homemade Cheese and Onion Quiche served with Herby Diced Potatoes and Spaghetti Hoops	Sweet and Sour Quorn served with Rice	Cheese and Tomato Pizza served with Oven Baked Jacket Wedges and Sweetcorn	Country Bake served with Oven Baked Herby Diced Potatoes and Baked Beans
	<b>Cold Choice</b>	A selection of freshly made sandwiches/wraps served with choice from salad bar				
	<b>Jacket Potato</b>	Jacket Potato served with either Baked Beans, Tuna Mayonnaise, Homemade Coleslaw or Cheddar Cheese ( 3 available daily)				
	<b>Pudding</b>	Fudge Brownie Slice	Iced Sponge	Fruity Day	Fruit Jelly with a Cream Topping	Oaty Fruit Crumble served with Custard
	<b>Pudding</b>	Shortbread Biscuit with ½ Fruit	Wagon Wheel Biscuit with ½ Fruit	Cheese and Biscuits	Lemon Cookie with ½ Fruit	Cheese and Biscuits
	<b>Pudding</b>	Selection of Fresh Fruits/ Yoghurt				