

MENU

SOWERBY - APRIL-OCTOBER 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE MAIN EVENT	Week 1: 29 Apr, 20 May, 17 Jun, 08 Jul, 09 Sep, 30 Sep, 21 Oct.				
	Tuna Pasta Bake	Lasagne with Garlic Bread	Roast Chicken with Stuffing, Gravy and Roast Potatoes,	Creamy Chicken Tikka Masala with Rice and Cucumber Raita	Battered Fish Fillet with Chips
	BBQ Bean Wrap with a Jacket Potato	Bean Chilli with Rice	Vegetarian Cottage Pie with Gravy	Vegetable Curry with Rice and Raita	Cheese and Tomato Quiche with Chips
TO FINISH	Apple Flapjack Crumble with Custard	Peach Cheesecake	Carrot and Courgette Cake with Vanilla Sauce	Jam Sponge with Custard	Chocolate Brownie
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE MAIN EVENT	Week 2: 06 May, 03 Jun, 24 Jun, 15 Jul, 16 Sep, 07 Oct.				
	Shepherds Pie	Cajun chicken with Jacket Potato	Roast Chicken with Gravy and Roast Potatoes	Beef Chilli & Rice	Battered Fish Fillet or Salmon Fishfingers with Chips
	Vegetable Bolognese with Pasta	Cheese and Pepper Calzone with a Jacket Potato	Vegetable and Bean Casserole with Roast Potatoes	Cheese and Onion Pasty with Sweet Potato Mash	Veggie Sausages with Chips
TO FINISH	Apple Sponge & Custard	Chocolate Mousse	Pear Crumble with Custard	Vanilla Muffin	Jelly & Ice Cream
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE MAIN EVENT	Week 3: 13 May, 10 Jun, 31 Jun, 23 Sept, 14 Oct.				
	Open Sub Melt topped with Cheese and Tomato and Potato Wedges	Cheesy Bolognese Pasta Bake with Garlic Bread	Roast Turkey with Stuffing, Gravy, Roast Potatoes	Sticky Teriyaki Chicken with Rice	Battered Fish Fillet with Chips
	Sweet and Sour Vegetable Noodles	Roasted Vegetable and Chickpea Balti with Rice	Vegetable Lasagne	Macaroni Cheese with Garlic Bread	Cheese & Onion Quiche with Chips
TO FINISH	Peach Crunch Crumble with Custard	Pear Marble Sponge with Chocolate Sauce	Fruit Trifle	Danish Apple Cake with Custard	Bakewell Tart with Vanilla Sauce