

# Rebecca Cheetham Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Choice</b>	Burger in a burger bun with salad, tomato sauce and cheese with spicy wedges	Lamb & Vegetable Tikka Masala* with Basmati Rice	Roast Chicken & Stuffing with Roast Potatoes*	Savoury Chicken & Sweetcorn Pancake & New Potatoes*	Battered fish with Wedges
<b>Vegetarian</b>	Authentic Chick Pea & Lentil Curry with Peshwari Bread*	Vegetarian Lasagne & Focaccia*	Mixed Bean Hot Pot	Cheese & Tomato Pizza	Cheese & Onion Slice with Wedges
<b>Vegetable Choice</b>	Sweetcorn Fresh Broccoli	Fresh Cauliflower Garden Peas	Organic Carrots Fresh Cabbage	Mini Corn Cobbett Grilled Tomatoes	Garden Peas Baked Beans
<b>Dessert</b>	Pear & Chocolate Crumble with Custard	Tutti Frutti Flapjack* with Ice cream	Sticky Honey & Orange cake with Custard	Fruit Cheesecake*	Fruit, Jelly & Ice Cream*
<b>Daily Options</b>	Fresh Fruit Platter / Fresh Yoghurt / Cheese & Biscuits / Homemade Bread				

## Tea menu (4-4.30pm)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Scrambled eggs and salad with wholemeal bread	Tomato soup served with croutons tossed in olive oil and black pepper	Vegetarian cheese sandwiches served with fresh salad tossed in lemon juice and olive oil	Fish fingers with baked beans and wholemeal bread	Pita bread served with humus, carrots, tomatoes and cucumber sticks with raita dip

# Rebecca Cheetham Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Choice</b>	Baked Sausages with Mashed Potatoes	Pasta Bolognese Bake & Garlic Slice*	Roast Turkey with Yorkshire Pudding with Roast Potatoes*	Glazed BBQ Chicken & Herby Diced Potatoes*	Fish Fillet in Batter with Jacket Wedges
<b>Vegetarian</b>	Quorn & Pepper Frittata* with Mashed Potatoes	Veggie burger in a Wholemeal Bun with Salad, Tomato sauce and Cheese	Quorn & Sweet Potato Curry with Rice*	Vegetarian Pasta Bake*	Warming Winter Crumble with Jacket Wedges*
<b>Vegetable Choice</b>	Fresh Cauliflower Mixed Vegetables	Mini Corn Cobbett Fresh Roasted Peppers	Organic Carrots Garden Peas	Sweetcorn Fresh Broccoli	Garden Peas Baked Beans
<b>Dessert</b>	Fruit Platter	Peach Melba Sponge Slice with Custard	Apple & Pear Crumble with Ice cream	Cornflake Cracknel* with Custard	Frozen Yoghurt With Fruit
<b>Daily Options</b>	Fresh Fruit Platter / Fresh Yoghurt / Cheese & Biscuits / Homemade Bread				

## Tea menu (4-4.30pm)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 2</b>	Easy oven frittata with a fresh salad in olive oil and lemon juice dressing	Vegetable soup with rolls	Fusili pasta with tuna, cucumber and sweetcorn and cheese	Vegetarian cheese sandwiches served with fresh salad tossed in lemon juice and olive oil	Salmon salad with bagels

# Rebecca Cheetham Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Choice</b>	Spaghetti and Meatballs in a Marinara Sauce*	Salmon Wrap with Tomato & Basil Mayo	Roast Chicken & Yorkshire Pudding with Roast Potatoes	Lasagne with Garlic & Herb Bread*	White Fish Bake & Lemon Slice with Herby Diced Potatoes
<b>Vegetarian</b>	Vegetable & Lentil Curry with Rice*	Vegetarian Shepherd's Pie *	Quorn Sausage Cassoulet with Roast Potatoes	Spanish Omelette with Baby Baked Potatoes*	Vegetarian Chill with Rice*
<b>Vegetable Choice</b>	Garden Peas Roasted Vegetables	Sweetcorn Green Beans	Organic Carrots Roasted Autumn Veg	Winter 'Slaw Country Vegetables	Baked Beans Garden Peas
<b>Dessert</b>	Peaches & Strawberry Yoghurt	Citrus & Coconut Sponge with Custard*	Chocolate & Mandarin Mousse	Carrot & Sultana Cake & Custard	Mini Scotch Pancakes with Fruit
<b>Daily Options</b>	Fresh Fruit Platter / Fresh Yoghurt / Cheese & Biscuits / Homemade Bread				

## Tea menu (4-4.30pm)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 3</b>	Fish fingers with baked beans and wholemeal bread	Carrot and coriander with French bread	Brown rolls with melted cheese and sweetcorn with salad	Pita bread served with humus, carrots, tomatoes and cucumber sticks with raita dip	Scrambled eggs and salad with wholemeal bread