



Rebecca Cheetham Menu







Lunch Choice



	Monday	Tuesday	Wednesday	Thursday	Friday	
Menu Week 1	Main Choice	Meatballs in Tomato Sauce	Tuna Pizza	Roast Chicken with Yorkshire Pudding	Meat & Vegetable Jollof Rice	Fish Bake
	Vegetarian Choice	Butternut Squash Macaroni Cheese	Cheese & Tomato Pizza	Shepherdess Pie	Sweet Potato & Quorn Curry	Mixed Bean Burrito
	Served With	Spaghetti	Potato Wedges	Roast Potatoes	Mashed Potatoes Rice	New Potatoes
	Vegetable Selection	Sweetcorn Broccoli	Green Beans Cauliflower	Organic Carrots Cabbage	Farmhouse Vegetables	Garden Peas Baked Beans
	Dessert	Pineapple & Melon Medley	Apple Flapjack with Custard	Fruit Jelly & Ice Cream	Berry Cheesecake	Lemon & Courgette Cake with Custard

Daily Selection also includes:
 Salad Bar , Fresh Fruit, Yoghurt, Cheese & Biscuits
 Selection of Sandwiches. Additional bread.
 All meat served is Halal



Tea menu (4-4.30pm)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	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

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Lunch Choice





Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Oven Baked Sausages	Homemade Lasagne	Roast Turkey with Stuffing	Homemade Chicken Tagine	Fish in Batter with Fresh Lemon
Vegetarian Choice	Sticky Quorn Sausages	Vegetable Moussaka	Spinach & Feta Pinwheel	Chick Pea Dhal	Homemade Vegetable Bean Burger
Served With	Mashed Potato	Freshly Baked Focaccia	Roast Potatoes	Cous Cous Rice	New Potatoes
Vegetable Selection	Sweetcorn Green Beans	Fresh Cauliflower Garden Peas	Organic Carrots Cabbage	Fresh Broccoli Mixed Peppers	Garden Peas Baked Beans
Dessert	Pancakes with Fruit & Ice Cream	Fresh Fruit Platter	Date & Apple Sponge with Custard	Fruit & Strawberry Yoghurt Ice Cream	Peach & Pear Crumble with Custard

Daily Selection also includes:
 Salad Bar, Fresh Fruit, Yoghurt, Cheese & Biscuits
 Selection of Sandwiches. Additional bread.
 All meat served is Halal




Tea menu (4-4.30pm)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	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

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Lunch Choice



Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Spaghetti Bolognese	Jacket Potatoes with Tuna	Roast Lamb	BBQ Chicken Wrap	White Fish Bake with Lemon Mayonnaise
Vegetarian Choice	Vegetarian Spaghetti Bolognese with Quorn	Cheese, Tomato & Broccoli Quiche	Homemade Spanish Omelette	Vegetable, Lentil & Coconut Curry	Jacket Potato with Cheese & Beans
Served With	Egg Noodles	New Potatoes	Roast Potatoes	Rice & Peas	Cajun Jacket Wedges
Vegetable Selection	Cauliflower Broccoli	Roasted Vegetables Green Beans	Organic Carrots Cabbage	Sweetcorn Jamaican Slaw	Baked Beans Garden Peas
Dessert	Fresh Fruit Medley	Citrus & Coconut Sponge with Custard	Rice Pudding	Fresh Fruit Platter	Beetroot & Chocolate Brownie

Daily Selection also includes:
 Salad Bar, Fresh Fruit, Yoghurt, Cheese & Biscuits
 Selection of Sandwiches. Additional bread.
 All meat served is Halal





Tea menu (4-4.30pm)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	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