



|                                | Spice Connection  | Taste of the Orient  | Great British Roast Day  | Italian Inspiration  | Fab Fish Friday  |
|--------------------------------|---|--|--|--|--|
|                                | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
| <b>Main Dish</b>               | Lamb Rogan Josh served with Lemon Cous-Cous, Mint Yoghurt Dressing and Naan Bread | Chicken Kung Po with Special Fried Rice                                | Roast Topside of English Beef with Yorkshire Pudding and Roast Gravy   | Salmon Lasagne with Garlic and Herb Bread                              | Crispy Battered Fillet of White Fish with Lemon Wedges                 |
| <b>Cook's Dish of the Day</b>  | Your Cook's Special of the Day. Please see your menu boards                       | Your Cook's Special of the Day. Please see your menu boards            | Your Cook's Special of the Day. Please see your menu boards            | Your Cook's Special of the Day. Please see your menu boards            | Your Cook's Special of the Day. Please see your menu boards            |
| <b>Vegetables and Potatoes</b> | Cook's selection of Seasonal Vegetables and the Potato Dish of the Day            | Cook's selection of Seasonal Vegetables and the Potato Dish of the Day | Cook's selection of Seasonal Vegetables and the Potato Dish of the Day | Cook's selection of Seasonal Vegetables and the Potato Dish of the Day | Cook's selection of Seasonal Vegetables and the Potato Dish of the Day |
| <b>Fresh Baked Bread</b>       | Fresh Baked Bread   | Fresh Baked Bread  | Fresh Baked Bread  | Fresh Baked Bread  | Fresh Baked Bread  |
| <b>Salad</b>                   | Seasonal Mixed Salad with a Choice of Home Made Dressings                         | Seasonal Mixed Salad with a Choice of Home Made Dressings              | Seasonal Mixed Salad with a Choice of Home Made Dressings              | Seasonal Mixed Salad with a Choice of Home Made Dressings              | Seasonal Mixed Salad with a Choice of Home Made Dressings              |
| <b>Desserts</b>                | Lemon and Orange Pancakes   | Pineapple Fritters with Coconut Icecream                               | Sticky Toffee Apple Pie with Fresh Cream                               | Banana Muffin Cake and Custard   | Apple, Sultana and Oat Crumble and Custard                             |

**AVAILABLE DAILY (ALL WEEKS)**  
 Daily Salad, Wholegrain , Plain Bread, and Fresh Fruit available Daily. Alternative Desserts, Fresh Fruit Pots, Yoghurt Pots and Dried Fruit Pot Available

### High Week One Start Dates

20/04/15 • 11/05/15 • 08/06/15 • 29/06/15 • 07/09/15 • 28/09/15 • 19/10/15



|                         | Spice Connection   | Taste of the Orient  | Great British Roast Day  | Italian Inspiration  | Fab Fish Friday  |
|-------------------------|--|--|--|--|--|
|                         | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
| Main Dish               | Chicken Tikka Masala with Savoury Rice and Onion Bhajis                | Crispy Fried Beef Strips with Sweet Chilli Noodles                     | Roast Breast of British Chicken with Cranberry Sauce, Stuffing and Roast Gravy | Sausage Pasta Bake in an Authentic Spicy Tomato and Pepper Sauce, with Homemade Garlic Bread | Crispy Battered Fillet of White Fish with Lemon Wedges                 |
| Cook's Dish of the Day  | Your Cook's Special of the Day. Please see your menu boards            | Your Cook's Special of the Day. Please see your menu boards            | Your Cook's Special of the Day. Please see your menu boards                    | Your Cook's Special of the Day. Please see your menu boards                                  | Your Cook's Special of the Day. Please see your menu boards            |
| Vegetables and Potatoes | Cook's selection of Seasonal Vegetables and the Potato Dish of the Day | Cook's selection of Seasonal Vegetables and the Potato Dish of the Day | Cook's selection of Seasonal Vegetables and the Potato Dish of the Day         | Cook's selection of Seasonal Vegetables and the Potato Dish of the Day                       | Cook's selection of Seasonal Vegetables and the Potato Dish of the Day |
| Fresh Baked Bread       | Fresh Baked Bread  | Fresh Baked Bread  | Fresh Baked Bread  | Fresh Baked Bread  | Fresh Baked Bread  |
| Salad                   | Seasonal Mixed Salad with a Choice of Home Made Dressings              | Seasonal Mixed Salad with a Choice of Home Made Dressings              | Seasonal Mixed Salad with a Choice of Home Made Dressings                      | Seasonal Mixed Salad with a Choice of Home Made Dressings                                    | Seasonal Mixed Salad with a Choice of Home Made Dressings              |
| Desserts                | Creme Brulee with Mango Salsa  | Cornflake Crispy Tart  | Chocolate Bread and Butter Pudding with Custard                                | Apricot Rice Pudding   | Spotted Dick with Custard  |

**AVAILABLE DAILY (ALL WEEKS)**  
 Daily Salad, Wholegrain , Plain Bread, and Fresh Fruit available Daily. Alternative Desserts, Fresh Fruit Pots, Yoghurt Pots and Dried Fruit Pot Available

### High Week Two Start Dates

27/04/15 • 18/05/15 • 15/06/15 • 06/07/15 • 14/09/15 • 05/10/15



|                         | Spice Connection   | Taste of the Orient  | Great British Roast Day   | Italian Inspiration  | Fab Fish Friday  |
|-------------------------|--|--|---|--|--|
|                         | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
| Main Dish               | Beef Tandoori with Naan Bread Pilau Rice and Mint Dressing             | Chinese Lemon Chicken with Five Spice and Coriander Noodles            | Honey Glazed Loin of Pork with Caramelised Apple Rings and Stuffing, with Roast Gravy | Pasta Meatball Fettucine with Herb Dough Balls                         | Crispy Battered Fillet of White Fish with Lemon Wedges                 |
| Cook's Dish of the Day  | Your Cook's Special of the Day. Please see your menu boards            | Your Cook's Special of the Day. Please see your menu boards            | Your Cook's Special of the Day. Please see your menu boards                           | Your Cook's Special of the Day. Please see your menu boards            | Your Cook's Special of the Day. Please see your menu boards            |
| Vegetables and Potatoes | Cook's selection of Seasonal Vegetables and the Potato Dish of the Day | Cook's selection of Seasonal Vegetables and the Potato Dish of the Day | Cook's selection of Seasonal Vegetables and the Potato Dish of the Day                | Cook's selection of Seasonal Vegetables and the Potato Dish of the Day | Cook's selection of Seasonal Vegetables and the Potato Dish of the Day |
| Fresh Baked Bread       | Fresh Baked Bread  | Fresh Baked Bread  | Fresh Baked Bread   | Fresh Baked Bread  | Fresh Baked Bread  |
| Salad                   | Seasonal Mixed Salad with a Choice of Home Made Dressings              | Seasonal Mixed Salad with a Choice of Home Made Dressings              | Seasonal Mixed Salad with a Choice of Home Made Dressings                             | Seasonal Mixed Salad with a Choice of Home Made Dressings              | Seasonal Mixed Salad with a Choice of Home Made Dressings              |
| Desserts                | Rhubarb and Ginger Crumble with Creme Fraiche                          | Orange Drizzle Cake  | Steamed Jam Roly Poly with Custard  | Wild Berry Panna Cotta   | Apple Pie and Custard  |

**AVAILABLE DAILY (ALL WEEKS)**  
 Daily Salad, Wholegrain , Plain Bread, and Fresh Fruit available Daily. Alternative Desserts, Fresh Fruit Pots, Yoghurt Pots and Dried Fruit Pot Available

**High Week Three Start Dates**  
 04/05/15 • 01/06/15 • 22/06/15 • 13/07/15 • 21/09/15 • 12/10/15