

Shrubbery Sample Menu Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Spring Vegetable	Classic Tomato	Cream of Mushroom	Leek and Potato	Minestrone
Main course	Sticky BBQ Chicken	Spaghetti Bolognese	Roast Glazed Gammon	Mild Chilli with Nachos' and Salsa	Breaded or Baked Fish
Vegetarian	Roast Butternut and pepper frittata	Quorn Bolognese	Baked Peppers stuffed with zesty cous cous	Five Bean chilli with Nachos' and salsa	Roasted Vegetable flat bread with mozzarella
On the Side	Steamed New potatoes Mixed Greens	Garlic Bread Peas and Sweetcorn	Herb Roast Potatoes Mashed Swede Broccoli	Braised Rice Peas	Chips Beans and Peas
Chefs extra	Baked Macaroni Cheese	Baked Jackets with Chefs Filling	Tricolour Fusilli pasta with tomato and basil	Baked Jackets with Chefs Filling	Penne Pasta tossed in Green Pesto
Daily Sandwiches	Build your own wrap with chefs fillings	Toasty Triangles Selection of fillings	Tuna Melt or Falafel Pitta Bread Pockets	Classic Sliced Loaf Choice of Fillings	Fish Finger Wraps with crisp lettuce and mayo
Something Sweet	Granola Flapjack Squares Daily cold pots, cut fruit and yoghurts	Sticky Toffee Pudding with custard Daily cold pots, cut fruit and yoghurts	Creamy Rice Pudding with topping selection Daily cold pots, cut fruit and yoghurts	Apple and mixed berry crumble with custard Daily cold pots, cut fruit and yoghurts	Chocolate brownie squares Daily cold pots, cut fruit and yoghurts