

Smoked haddock Florentine

Smoked haddock, spinach, cheese sauce – made with milk and corn flour and cheese, mashed potato and green beans

3 Bean chilli and rice

butter beans, kidney beans and baked beans, tinned tomatoes, vegetable stock cube. Rice

Tomato mozzarella pasta

Pasta, tinned tomatoes, mozzarella cheese, onions, garlic

Homemade tuna and sweet corn quiche

Short crust pastry, eggs, milk, onions, tuna, sweet corn.

Chicken and sweet corn soup.

Chicken, sweet corn, chicken stock cube, egg, cornflour

Carrot and coriander soup

Carrots, coriander, potatoes, onions, veg stock

Popeye pasta

Pasta, spinach, cream cheese, milk

Quiche Lorraine

Short crust pastry, milk, eggs, ham, onions

Salmon Mash

Salmon, Mashed potato, milk, broccoli / green beans

Spaghetti Bolognese

Mince, tinned tomatoes, beef stock, garlic, onions, peas, spaghetti pasta.

Salmon and broccoli tagliatelle

Tagliatelle pasta. Tinned salmon, fresh or frozen broccoli, homemade white sauce, soft cheese

Fish in Parsley sauce

Coley, homemade white parsley sauce, potatoes and peas

Turkey ragout

Turkey mince, chicken stock, onions, veg, potatoes

Homemade chicken pie

Chicken, stock, onions, veg, creamy white sauce, puff pastry topping

Sausage casserole

Sausages, tinned tomatoes, onions, courgette, sweet corn / carrots, veg stock, pasta

Tuna Morney

Tuna in homemade cheese sauce served with rice. Crunchy topping with cornflakes / crisps

Chicken paprika

Chicken, tinned tomatoes, onions, paprika, chunky carrots and potatoes.

Kedgeriee

Rice, mackerel, boiled egg, onion, turmeric

Daily milk allowance offered at morning or afternoon snack time.

Water served with all meal times as well as at snack and throughout the day.

Lunch time – 11.30

Afternoon tea – 2.45 – 3.00