Ashgate Menu

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| **Week 1**  **Autumn 1/2** | **Meat Free Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Fish Friday** |
| **Meal Choice 1:** | Cheese Roll | Sausage dinner  Halal Sausage dinner  Quorn Sausage dinner | Chicken stir fry  Halal Chicken stir fry  Quorn stir fry | All day brekkie in a muffin.  Halal Brekkie in a muffin.  Quorn Brekkie in a muffin | Fish finger  Veggie fingers |
| **Meal Choice 2:** | Quorn Pasta Bake | Roasted Veg baked Rice  Flat bread | Creamy Cheesy Spaghetti  With Garlic bread | Cheese Whirl | Pizza |
| **Meal Choice 3:** | **Baked Potato Fillings- Cheese, Baked Beans, cheese & beans, Tuna.**  **Sandwiches- Cheese, Ham, Egg or Tuna. *Served with plain popcorn and veg sticks***  **Plain Pasta** | | | | |
| **Special** |  |  |  |  |  |
| **Accompaniments:**  Select accompaniment appropriate to main meal choices | Diced potatoes  Hoops | Roast potatoes  Yorkshire puddings  Mixed veg | Noodles | Beans | Chips  Beans |
| **Second Course:**  Cheese & crackers and Yoghurt  daily | Shortbread | Pineapple upside down cake with custard | Oat biscuit | Chocolate Brownie | Mix up |
| Fruit and salad available from the hatch daily | | | | | |

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| **Week 2**  **Autumn 1/2** | **Meat Free Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Fish Friday** |
| **Meal Choice 1:** | Quorn Nuggets | Chicken Tikka  Halal Chicken Tikka  Quorn Tikka | Sausage Roll  Halal sausage Roll  Quorn sausage Roll | Sweet Chilli chicken pasta.  Halal sweet chilli pasta  Quorn sweet chilli pasta | Fish fingers  Veggie fingers |
| **Meal Choice 2:** | Cheese Flan | Tomato Cheese pasta | Quorn chilli | Veg Lattice and mash | Macaroni cheese and salad |
| **Meal Choice 3:** | **Baked Potato Fillings- Cheese, Baked Beans, cheese & beans, Tuna.**  **Sandwiches- Cheese, Ham, Egg or Tuna. *Served with plain popcorn and veg sticks***  **Plain Pasta.** | | | | |
| **Special** |  |  |  |  |  |
| **Accompaniments:**  Select accompaniment appropriate to main meal choices | Wedges  Carrots | Rice  Naan bread | Sweetcorn  Diced potatoes | Mixed veg | Chips  beans |
| Cheese & crackers and Yoghurt  daily | Lancashire biscuit | Jam Sponge | Choc chip flapjack | Banana Loaf cake | Mix up |
| Fruit and salad available from the hatch daily | | | | | |

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