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 dinnerHalal Sausage dinnerQuorn 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 SpaghettiWith 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 potatoesYorkshire 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 TikkaHalal Chicken TikkaQuorn Tikka | Sausage RollHalal sausage RollQuorn sausage Roll | Sweet Chilli chicken pasta.Halal sweet chilli pastaQuorn 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 | Chipsbeans |
|  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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