

Foundation Menu  
Week commencing

10<sup>th</sup> September 2018

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>MAIN</b> V – Vegetarian	Sausages with Onion Gravy  (V - Roast Pumpkin & goat's cheese filo pie)	Breaded Chicken Fillet <i>(curry sauce optional)</i>  (V- Breaded Poached Egg)	Beef Lasagne  (v- Quorn Lasagne)	Roast Chicken  (V – Mushroom, Spinach, Mozzarella Wellington)	Salmon Fish Fingers  (V – Stuffed Pepper with Couscous & Feta)
<b>SIDES</b>	Mashed Potato Carrots	Rice Green Beans	Garlic Bread Sweetcorn	Roast Potatoes Roast Root Vegetables	Chips Broccoli
<b>DESSERTS</b> <b>PLUS</b> <b>DAILY</b> <b>FRESH</b> <b>FRUIT</b>	Black Forest Roulade	Apple & Blackberry Pie	Strawberry Yoghurt	Peach Melba Cake	Strawberry Trifle

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<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>MAIN</b> V – Vegetarian	Pasta with Tomato Sauce	Sausage Meat & Bacon Plait  (V – Spinach, Goat's Cheese & Beetroot Risotto)	Chicken Fillets <i>(Curry Sauce optional)</i>  (V – Falafel wrap with Red Pepper Hummus)	Roast Beef with Yorkshire Pudding  (V – Quorn & Sweet Potato Loaf)	Cod Fish Fingers  (V – Three Cheese Gnocchi)
<b>SIDES</b>	Sweetcorn	Mashed Potatoes Broccoli	Green Beans	Roast Potatoes Carrots	Chips Peas
<b>DESSERTS</b> <b>PLUS</b> <b>DAILY</b> <b>FRESH</b> <b>FRUIT</b>	Jam Doughnuts	Chocolate Crunch	Strawberry Yoghurt	Parsnip, Apple & Maple Cake	Vanilla Shortbread

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<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>MAIN</b> V – Vegetarian	Turkey & Sweetcorn Bake  (V – Swedish Quorn Balls)	Pasta with Creamy Chicken Sauce  (V – Pasta with Tomato Sauce)	Beef Enchiladas  (V – Caramelized Onion & Potato Pie)	Roast Gammon  (V – Butternut Squash & Coconut Curry with Rice)	Cod Fish Fingers  (V – Tofu with Soft Tacos & Mango Salsa)
<b>SIDES</b>	Garlic Bread carrots	Green Beans	Roast Sweet Potatoes Broccoli	Roast Potatoes Cauliflower	Chips Peas
<b>DESSERTS</b> <b>PLUS</b> <b>DAILY</b> <b>FRESH</b> <b>FRUIT</b>	Vanilla Cheesecake	Chocolate & Raspberry Brownie	Corn Flake Tart	Fruit Crumble with Coconut Custard	Apple Tarte Tatin