

WEEK 1 MENU

WEEKS: 13/04, 04/05, 01/06, 22/06, 13/07, 31/08, 21/09, 12/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THE
MAIN EVENT

St Albans Curry
Chicken Thigh
Served With
Yellow Rice &
Corn on the Cob

Pork Sausages with
Mashed Potato,
Vegetables & Gravy

BBQ Pulled Pork, Crispy
Onions
Or
Macaroni Cheese, Bacon
& Spring onion Crumb

Roast Chicken
Drumsticks
Served with Roast
Potatoes, Vegetables,
Yorkshire Pudding and
Gravy

Battered Fish Fillet
Served with Chips and
either Peas, Beans or
St Albans Curry Sauce

MEAT FREE

St Albans Curry Quorn
and Vegetables
Served With
Yellow Rice &
Corn on the Cob

Quorn Sausages with
Mashed Potato,
Vegetables & Gravy

Roasted Vegetables in a
Tomato Sauce with
Crispy Onions Topped
Hash Browns or Baked
Potato

Cauliflower & Broccoli
Cheese served with
Roast Potatoes,
Carrots, Broccoli,
Yorkshire Pudding and
Gravy

Fishless Fish Fingers
Served with Chips,
Garden Peas
or Baked Beans



Jacket Potato with a
selection of topping
Served with Fresh
Salad

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selection of topping
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Salad

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selection of topping
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Salad



A selection of
Pasta Sauces Available
Daily

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Pasta Sauces Available
Daily

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Pasta Sauces Available
Daily

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Pasta Sauces Available
Daily

A selection of
Pasta Sauces Available
Daily



Choose One of Our
Fabulous Desserts
Apple & Berry Crumble
With Custard
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Jam & Coconut Sponge
With Custard
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Sultana Sponge &
Custard
Fresh Fruit Pot

Choose One Dessert
Fabulous Desserts
Syrup Sponge &
Custard
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Chocolate Brownie
& Choc Sauce
Fresh Fruit Pot



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



THE MAIN EVENT

BBQ Chicken Wings Served With Seasoned Wedges & Baked Beans

Beef Chilli Served with 50/50 Rice, Nachos & Salsa

BBQ Pulled Pork, Crispy Onions
Or
Macaroni Cheese, Bacon & Spring onion Crumb

Sausage Roast Served with Roast Potatoes, Vegetables, Yorkshire Pudding and Gravy

Battered Fish Fillet Served with Chips and either Peas, Beans or St Albans Curry Sauce



MEAT FREE

BBQ Quorn Fillet Topped with Cheese Served With Seasoned Wedges & Baked Beans

Vegetarian Chilli Served with 50/50 Rice, Nachos & Salsa

Vegan Bolognese Topped Hash Browns or Baked Potato with Crispy Onions

Quorn Sausage served with Roast Potatoes, Vegetables, Yorkshire Pudding and Gravy

Vegetable Nuggets served with Chips, Garden Peas or Baked Beans



Jacket Potato with a selection of topping Served with Fresh Salad

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A selection of Pasta Sauces Available Daily

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Choose One of Our Fabulous Desserts
Peach & Vanilla
Sponge & Custard
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Steamed Jam Sponge & Custard
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Apple Crumble & Custard
Fresh Fruit Pot

Choose One Dessert Fabulous Desserts
Lemon Drizzle Cake & Custard
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Chocolate Sponge & Choc Sauce
Fresh Fruit Pot



WEEK 3 MENU

WEEKS: 27/04, 18/05, 15/06, 06/07, 14/09, 5/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THE
MAIN EVENT

Garlic & Herb
Chicken Drumsticks
Served with Seasoned
Wedges & Vegetables

Homemade Beef
Lasagne Served with
Garlic Bread &
Vegetables

BBQ Pulled Pork, Crispy
Onions
Or
Macaroni Cheese, Bacon
& Spring onion Crumb

Roast Gammon served
with Roast Potatoes,
Vegetables, Yorkshire
Pudding and Gravy

Battered Fish Fillet
Served with Chips and
either Peas, Beans or
St Albans Curry Sauce

MEAT FREE

Garlic & Herb
Quorn Strips
Served With Seasoned
Wedges & Vegetables

Homemade Vegetarian
Lasagne Served with
Garlic Bread &
Vegetables

BBQ Roasted
Vegetables with Crispy
Onions with Hash
Browns or Baked
Potato

Quorn Fillet served
with Roast Potatoes,
Vegetables, Yorkshire
Pudding and Gravy

Veggie Burger
served with Chips,
Garden Peas
or Baked Beans



Jacket Potato with a
selection of topping
Served with Fresh
Salad

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Pasta Sauces Available
Daily

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Pasta Sauces Available
Daily

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Pasta Sauces Available
Daily



Choose One of Our
Fabulous Desserts
Chocolate Sponge
& Choc Sauce
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Mixed Berry Sponge
& Custard
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Apple Sponge
& Custard
Fresh Fruit Pot

Choose One Dessert
Fabulous Desserts
Banana Sponge &
Custard
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Chocolate Orange
Sponge
& Choc Sauce
Fresh Fruit Pot