



Pembridge Hall



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salads	Nicoise Salad	Roast Herby Chicken	Honey roast Gammon	British Cheese & Crackers	Roasted Vegetable & Cous Cous Salad
Week 1 The Main Event	Pasta Party Penne pasta with choice of sauces Tangy Tomato or Carbonara	Going American Homemade Beef burger with tomato relish	Pembridge Roast Roast Lamb with mint sauce and gravy on the side	Not Too Hot Beef tortilla	Sausage Shop Chicken Sausages
And To Go With	Garlic Bread Broccoli Spears & Sweet Corn	Brown bread Roll, Potato Wedges, Baked Beans, Crispy Green salad	New Potatoes Cauliflower Cheese Carrot Wheels	Fluffy Rice Sweetcorn Grated Cheese Sugar Snap Peas	Oven Potato Wedges Baked Beans Garden Peas
Meat Free	Tangy Tomato sauce with Penne Pasta	Vegetable burger	Chickpea and sweet potato curry	Beanie Tortilla	Leek & Potato Sausages
Scrummy Puds	Fresh Fruit Salad Fruity Yoghurt	American Style Pancakes with Maple Syrup and Sliced Bananas	Banoffee Pie	Home Made Chocolate Rice Cake	Fresh Fruit Platter Fruit Jelly

Available Daily: Home Made Bread, Dried Fruit and Home made Yoghurt



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salads	Indian Carrot Salad	Sliced Roast Chicken	Tomato, Basil & Mozzarella	Cottage Cheese & Eggs	Smoked Salmon
Week 2 The Main Event	Full Metal Jacket Jacket Potato with a choice of various fillings	Pasta Pasta Spaghetti Bolognese	Pembridge Roast Roast Chicken with Gravy	Italiano Homemade Lamb Meatballs in a Tomato and Basil Sauce	It's a Fishy Day! Breaded Fish
And To Go With	Tuna & Mayonnaise Crunchy Apple Coleslaw Grated Cheese Baked Beans	Garlic Bread Broccoli Spears Sweet corn	Roast Potatoes Carrot Wheels Mange Tout	Fluffy Rice Sweetcorn Green Beans	New Potatoes Baked Beans Garden Peas
Meat Free	Asparagus Quiche	Vegetable Quorn Bolognese	Leak and Potato Bake	Roasted vegetable with Quorn in a Tomato Sauce	Winter Mushroom & Leek Risotto
Scrummy Puds	Fruit Platter Fruity yoghurt	Vanilla Ice cream	Apple Crumble and Cream	Banana cake with custard	Cheese and Biscuit

Available Daily: Meat Free Zone (Vegetarian Alternative).....100% Fresh Salad Selection.....Fresh Fruit



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salads	Greek Feta Salad	Avocado & Tomato	Coronation Turkey	Bacon, Rocket & Tomato Salad	Smoked Mackerel
Week 3 The Main Event	Chinese Sweet & Sour Chicken	Traditional Steak and mushroom Pie	Ham On! Roast Gammon with Gravy	Loads of Lasagne Home Made Italian Style Lasagne	Gone Fishing! Scampi with lemon mayo
And To Go With	Egg Noodles Sweet corn Mange tout	Creamy Sweet Potato Mash Green Beans	New Potatoes Broccoli Spears Carrots Wheels	Roasted Courgette's Garlic Bread	Potato wedges Baked Beans Garden Peas
Meat Free	Sweet & Sour with Quorn	Vegetable Creamy Pie	Spicy Quorn Fillet	Vegetable Lasagne	Spanish Omelette
Scrummy Puds	Fresh Fruit Platter Fruity Yoghurt	Treacle Tart & Custard	Chocolate & Beetroot Brownie with cream	Apricot Fruity Flapjack	Rainbow Jelly

Available Daily: Meat Free Zone (Vegetarian Alternative) 100% Fresh Salad Selection Fresh Fruit



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salads	Pate & with a Wholemeal Baguette	Brie, & Grape Salad	Chicken Caesar Salad	Potato Salad	Mixed Bean & Pasta Salad
Week 4 The Main Event	Go Cheesy Chicken and mushroom Stroganoff	Italiano Meat Feast Pizza	Mighty! Meaty! Meat! Roast Topside of Beef with lashings of gravy	Chic chic Not to Hot Jerk Chicken	Pasta party Wholemeal pasta with salmon and broccoli in a white sauce on the side
And To Go With	Fluffy Brown Rice Garden Peas Sweetcorn	Crunchy Pineapple Coleslaw Mixed salad Garlic bread	Roast Potatoes Broccoli Spears Yorkshire Puddings Carrot Wheels	New potatoes Mixed vegetables Peas pita bread	Sweet Corn Green Beans
Meat Free	Vegetable & Quorn Bake	Cheese and Tomato Pizza	Spinach and Goat cheese Tart	Vegetable wraps	vegetable mushroom pasta
Scrummy Puds	Tropical Fruit Salad Fruity Yoghurt	Oat Cakes with Raisins	Goopy Carrot Cake with Cream	Jelly and Ice Cream	Fresh Fruit Salad Fruit Yogurt

Available Daily: Meat Free Zone (Vegetarian Alternative).....100% Fresh Salad Selection.....Fresh Fruit

