



# Food for Thought Food for Thought Food for Thought

CONSUME • HEALTHY • SAVOUR • FRESH • DELIGHT • ENJOY • RELISH • RELAX • ENRICH • CONSUME • HEALTHY • SAVOUR • FRESH • DELIGHT • ENJOY • RELISH • RELAX

Week Commencing 23rd January 2012

## MONDAY

**Taste of the Orient  
Theme Day**

**Please see Special's  
Board for more  
information**

食物

## TUESDAY

**Meal Deal**  
**Beef Lasagne**  
Served with mixed salad  
or garlic bread

**Meal Deal (V)**  
**Vegetable Curry**  
Served with rice and  
naan bread

**Traditional Pudding**  
**Banana Cake**

## WEDNESDAY

**Meal Deal**  
**Tomato and Basil  
Chicken**  
Served with savoury rice

**Meal Deal (V)**  
**Quorn Arrabiata Pasta  
Bake**  
Served with mixed salad

**Traditional Pudding**  
**Chocolate Brownie**

## THURSDAY

**Meal Deal**  
**Roast Lunch**  
Served with all the  
trimmings

**Meal Deal (V)**  
**Creamy Vegetable Pie**  
Served with roasted new  
potatoes and peas

**Traditional Pudding**  
**Syrup Sponge**

## FRIDAY

**Meal Deal**  
**Beef Meatballs**  
Served in a rich tomato  
sauce with fusilli pasta

**Meal Deal (V)**  
**Quorn Lasagne**  
Served with garlic bread

**Traditional Pudding**  
**Assorted Puddings**



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Week Commencing 30th January 2012

## MONDAY

### Meal Deal

**Chicken Balti**

Served with boiled rice

### Meal Deal (V)

**Veggie Burger**

Served with salad and spiced wedges

### Traditional Pudding

**Apple Crumble**

Served with custard

## TUESDAY

### Meal Deal

**Beef Stew**

Served with buttered new potatoes

### Meal Deal (V)

**Quorn Bolognese**

Served with fusilli pasta

### Traditional Pudding

**Chocolate Shortbread**

## WEDNESDAY

### Meal Deal

**Creamy Chicken and Bacon Pasta Bake**

Served with a side salad

### Meal Deal (V)

**Cheese and Potato Pie**

Served with mixed salad or baked beans

### Traditional Pudding

**Iced Sponge**

## THURSDAY

### Meal Deal

**Roast Lunch**

Served with the trimmings

### Meal Deal (V)

**Vegetable Bruschetta**

Served with a dressed salad

### Traditional Pudding

**Lemon Slice**

## FRIDAY

### Meal Deal

**Breaded Cod**

Served with new potatoes, peas and parsley sauce

### Meal Deal (V)

**Stuffed Jacket Skins**

Served with beans or salad

### Traditional Pudding

**Assorted Puddings**



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Week Commencing 6th February 2012

## MONDAY

### Meal Deal

**Beef Bolognese**

Served with fusilli pasta

### Meal Deal (V)

**Vegetable Korma**

Served with rice and naan bread

### Traditional Pudding

**Cherry Shortbread**

## TUESDAY

### Meal Deal

**Chicken Fajita Wrap**

Served with salad and sauces

### Meal Deal (V)

**Creamy Vegetable Pie**

Served with potatoes and peas

### Traditional Pudding

**Chocolate Brownie**

## WEDNESDAY

### Meal Deal

**Beef Stew**

Served with mashed potato

### Meal Deal (V)

**Sweet and Sour Quorn and Vegetables**

Served with rice

### Traditional Pudding

**Lemon Sponge**

## THURSDAY

### Meal Deal

**Beef Burger**

Served with salad and chunky coleslaw

### Meal Deal (V)

**Macaroni Cheese**

Served with a mixed salad or beans

### Traditional Pudding

**Assorted Puddings**

## FRIDAY

### Demolition Day

All main meals and hot puddings half price!

