





| W/C | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|---|---|--|
| Main Course | Chicken Korma with Scented Rice and Sambols | <u>Pizza Night</u> | Jamaican Jerk Chicken with Rice & Beans | Beef Burger Topped with Cheese and Relish | Singapore Noodles with Pork & Prawns Prawn Crackers  | Millfield Favourite Dishes of The Day | Roast Loin of Pork With Herb Stuffing, Apple Sauce And Roast Gravy |
| | Sandwich Selection | Pepperoni Margarita | Sandwich Selection | Sandwich Selection | Sandwich Selection | | |
|  Vegetarian | Vegetable Dhansak with Scented Rice and Sambols | Freshly Cooked Pasta topped with a choice of Italian sauces served with Garlic Bread & Parmesan Cheese | Vegetable & Quorn Chilli with Brown Rice  | Macaroni Cheese | Vegetable & Quorn Stir Fry with Saffron Rice | | Moroccan Char Grilled Vegetables on a bed of Cous Cous  |
| Vegetable & Potato Selection | Spinach and Cauliflower Bhaji Naan Bread Kachcumber Mango Chutney | Curly Fries Baked Beans | Caribbean Rice & Beans | Jacket Potato Wedges | Saffron Rice | | Roast Potatoes |
| | | | Sautéed Courgettes | Broccoli Buttered Corn on the Cob | Sautéed Sugar Snap Peas Prawn Crackers | | Glazed Carrots Roast Parsnips Cabbage |
| Dessert | Jam Doughnuts Hot Chocolate | Carrot Cake | Fresh Fruit Salad Bar and Yoghurt | Ice Cream Bar with Chocolate Toppings | Chocolate Brownie | | Spiced Apple Crumble With Custard |



Dried Peas and Beans are the best source of Fibre

