



Swanage
2019
Spring + Summer
Menu

7 day

WEEKLY MENU

Monday

Evening Meal

Breaded Fish, Chicken or Vegetarian Nuggets.

Served with chips or new potatoes . Baked beans or peas.

or

Jacket potato served with cheese, beans,tuna..

Salad Bar

Mixed leaf , Tomato , cucumber, pasta salad , sweetcorn,.

Pudding

Chocolate sponge with chocolate custard

Tuesday

Breakfast

Bacon, Vegetarian sausage, Hash Browns, Beans & Toast. Choice of Cereals; Branflakes, Cornflakes, Coco Pops, Rice Krispies & Weetabix.

Evening Meal

Beef ragu with pasta shells .

Chicken and broccoli bake.

Vegetable pasta bake.

Served with garlic bread

or

Jacket potato served with cheese,beans or tuna.

Salad Bar

Mixed leaf, Tomato, cucumber , Rice salad.

Pudding

Apple and strawberry crumble with ice cream.

Wednesday

Breakfast

Sausage, Vegetarian sausage, Potato Waffles, Spaghetti hoops & Toast Choice of Cereals; Branflakes, Cornflakes, Coco Pops, Rice krispies & Weetabix.

Evening Meal

Sticky pork

BBQ chicken

Vegetable Tagine.

All served with saute potatoes and mixed vegetables .

or

Jacket potato with cheese, beans or tuna.

Salad Bar

Pasta salad, Sweetcorn, Cucumber, Lettuce, & Tomatoes

Pudding

Bread and butter pudding with cream

WEEKLY MENU

Thursday

Breakfast

Bacon, Vegetarian sausage, Grilled Tomatoes, Hash Browns, Beans & Toast. Choice of Cereals, Branflakes, Cornflakes, Coco Pops,

Evening Meal

Cottage pie

Turkey and vegetable potato pie

Vegetable shepherd's pie

All served with carrots and peas.

Or

Jacket potato with cheese, beans, tuna or curry.

Salad Bar

Pasta Salad, Rice salad , Tomatoes, Lettuce, Cucumber & Beetroot.

Pudding

Jam roly-poly and custard

Friday

Breakfast

Bacon, vegetarian sausage , Grilled tomato , Hash browns , Baked beans.

Toast and selection of cereals.

WEEKEND MENU

Friday

Breakfast

Bacon, vegetarian sausage , Grilled tomato , Hash browns , Baked beans.
Toast and selection of cereals.

Dinner

Chinese beef,
Sweet and sour Chicken,
Vegetable Korma
All served with Rice and a poppadom.
Or
Jacket potato served with cheese, beans or tuna.

Dessert

Vanilla ice cream or mango sorbet.

Saturday

Breakfast

Sausages,Grilled tomato, spaghetti hoops,Scrambled egg, vegetarian sausage,Potato waffles.
Toast and selection of cereals.

Dinner

Chicken or vegetable kiev
Served with crockett potatoes and mixed seasonal vegetables.
Or
Jacket potato with cheese, beans or tuna.

Dessert

Chocolate sponge with chocolate sauce.

Sunday

Breakfast

Bacon, Grilled tomato,hash browns, baked beans
Toast and selection of cereals.

Dinner

Roast of the day or vegetable parcel
All served with Roast potatoes,mixed seasonal vegetables,yorkshire pudding,
Gravy.

Dessert

Chocolate and banana bread and butter pudding.
Served with cream or ice cream.



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