














Rebecca Cheetham Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	(Lamb) Burger in a Burger Bun with Salad & Spicy Wedges	Lamb & Vegetable Tikka Masala with Basmati Rice	Roast Turkey & Stuffing with Roast Potatoes and Gravy	Chicken & Sweetcorn Pasta Bake	Fish Coujons With Chips
Vegetarian	Chick Pea & Potato Curry with Fruity Peshwari Bread	Vegetarian Lasagne	Cheese & Leek Quiche with Roast Potatoes	Cheese & Tomato Pizza	Quorn Chilli Dog with Chips 
Vegetable Choice	Mini Corn on the Cob Mixed Vegetables	Fresh Cauliflower Garden Peas	Organic Carrots  Fresh Cabbage	Sweetcorn Fresh Broccoli	Garden Peas Baked Beans
Dessert	Apple & Raisin Crumble with Custard 	Apricot Flapjack 	Rice Pudding with Peaches 	Orange & Lemon Cheesecake	Fresh Fruit in Jelly & Ice Cream
Daily Options	Fresh Fruit Platter / Organic Fruit Yoghurt  Cheese & Biscuits / Homemade Bread				

Tea menu (4-4.30pm)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Scrambled eggs and salad with wholemeal bread	Tomato soup served with croutons tossed in olive oil and black pepper	Tuna sandwiches served with fresh salad tossed in lemon juice and olive oil	Fish fingers with baked beans and wholemeal bread	Pita bread served with humus, carrots, tomatoes and cucumber sticks with raita dip







Rebecca Cheetham Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Baked Sausages with Mashed Potatoes	(Beef/Lamb)* Spaghetti Bolognese	Roast Beef/Lamb* with Yorkshire Pudding with Roast Potatoes and Gravy	Chicken & Vegetable Jolloff Rice	Fish Fillet in Batter With Chips
Vegetarian	Wholemeal Winter Crumble with Mashed Potatoes	Veggie Quesadilla	Quorn & Sweet Potato Curry with Rice 	Roast Vegetable Pasta Bake 	Vegetable & Lentil Curry with Rice
Vegetable Choice	Fresh Cauliflower Mixed Vegetables	Sweetcorn Fresh Broccoli	Organic Carrots Garden Peas 	Mini Corn on the Cob Roasted Peppers	Garden Peas Baked Beans
Dessert	Chocolate & Mandarin Mousse	Peach Melba Sponge Slice with Custard 	Tropical Fruit Slice 	Plum Crumble with Custard 	Fresh Fruit Salad with Ice Cream
Daily Options	Fresh Fruit Platter / Organic Fruit Yoghurt  / Cheese & Biscuits / Homemade Bread				

Tea menu (4-4.30pm)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	Easy oven frittata with a fresh salad in olive oil and lemon juice dressing	Vegetable soup with rolls	Fusilli pasta with tuna, cucumber and sweet corn and cheese	Brown rolls with Quorn Hot Dogs and Salad	Salmon salad with bagels

Rebecca Cheetham Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Spaghetti and Meatballs in a Marinara Sauce	(Beef/Lamb)* Shepherd's Pie	Roast Chicken & Yorkshire Pudding with Roast Potatoes and Gravy	(Beef/Lamb)* Lasagne	Fish in Batter with Wedges
Vegetarian	Veggie Burger in a Wholemeal Bun with Salad	Vegetable Samosa with Rice, Dhal & Raita	Quorn  Sausage Toad in the Hole with Roast Potatoes	Spanish Omelette With Baguette Slice	Vegetarian Chill with Wedges or Rice
Vegetable Choice	Garden Peas Roasted Vegetables	Sweetcorn Green Beans	Organic Carrots Cauliflower 	Country Vegetables Garden Peas	Baked Beans Caribbean 'Slaw
Dessert	Peaches & Custard 	Chocolate & Orange Sponge with Chocolate Sauce	Fruit & Ice Cream	Lemon & Banana Muffin Slice 	Fruit Jelly and Ice Cream 
Daily Options	Fresh Fruit Platter / Organic Fruit Yoghurt  / Cheese & Biscuits / Homemade Bread				

Tea menu (4-4.30pm)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Fish fingers with baked beans and wholemeal bread	Carrot and coriander with French bread	Vegetarian cheese sandwiches served with fresh salad tossed in lemon juice and olive oil	Scrambled eggs and salad with wholemeal bread	Pita bread served with humus, carrots, tomatoes and cucumber sticks with raita dip