



Secondary Menu Tiller & Hobs 2017



Week 1	MFM Monday	Tuesday	Wednesday	Thursday	Friday
MAIN FROM THE KITCHEN	Lemon & Garlic Chicken with Rice	Cottage Pie	Roast Gammon & Gravy with Roast Potatoes	Lamb Kofte with Lemon Cous Cous	Battered Fish & Chips
VEGETARIAN FROM THE KITCHEN	Quorn Sausages & Gravy with Mashed Potato	Vegetable Pasta Bolognese Bake	Lentil & Vegetable Loaf with Roast Potatoes & Gravy	Vegetable & Chickpea Jambalaya	Homemade Falafel Burger with Mixed Salad or Chips
SOUP	Tomato Soup Served with Homemade Bread	Minestrone Soup Served with Homemade Bread	Spicy Lentil & Tomato Soup Served with Homemade Bread	Broccoli & Stilton Soup Served with Homemade Bread	Leek & Potato Soup Served with Homemade Bread
VEGETABLES	Green Beans Carrots	Spinach Sweetcorn	Red Cabbage Swede	Parsnips Vegetable Medley	Peas Baked Beans
CIAO PASTA	Beef Bolognese	Tuscan Chicken	Speciality Bread & Hot Roast Carvery	Tomato & Basil Pasta	Lamb Kheema
SIDES	Garlic Bread	Cheesy Garlic Bread	Coleslaw	Potato Wedges	Chilli Garlic Bread
JUST GRAZE SALADS	A Selection of Seasonal Salads	A Selection of Seasonal Salads	A Selection of Seasonal Salads	A Selection of Seasonal Salads	A Selection of Seasonal Salads
JACKET	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Salmon Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw
DESSERT	Fruit Fool	Apple & Berry Crumble with Custard	Chocolate Cracknell	Pineapple Upside Down Cake with Custard	Jelly with Ice Cream



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN FROM THE KITCHEN	Pork Sausage & Gravy with Mashed Potato	Mexican Beef Chilli with Rice	Roast Chicken & Gravy with Roast Potatoes	Beef Lasagne with Garlic Bread	Battered Fish & Chips
VEGETARIAN FROM THE KITCHEN	Spaghetti Neapolitan served with Cheese	Quorn Vegetable Chilli with Flour Tortilla with Herb Wedges	Red Onion and Tomato Frittata with roast Potatoes	Spinach and Lentil Dahl with Wholegrain Rice	Red Onion & Cheese WHOLEMEAL Quiche with salad & Chips
SOUP	Chicken & Sweetcorn Soup Served with Homemade Bread	Scotch Broth Soup Served with Homemade Bread	Mushroom Soup Served with Homemade Bread	Pea & Ham Soup Served with Homemade Bread	French Onion Soup Served with Homemade Bread
VEGETABLES	Sweetcorn Green Beans	Cauliflower Spinach	Spring Green Carrots	Green Salad Coleslaw	Peas Baked Beans
KARM	Thai Green Vegetable	Chicken Korma	Speciality Bread & Hot Roast Carvery	Thai Red Chicken Curry	Beef Kheema Matta
SIDES	Vegetable Samosa	Bombay Potato	Asia Coleslaw	Naan Bread	Onion Bhajj
JUST GRAZE SALADS	A Selection of Seasonal Salads	A Selection of Seasonal Salads	A Selection of Seasonal Salads	A Selection of Seasonal Salads	A Selection of Seasonal Salads
JACKET	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw
DESSERT	Apple & Cinnamon Crumble with Ice Cream	Fruity Flapjack	Chocolate Sponge with Custard	Peach & Cherry Cobbler with Custard	Lemon Drizzle Cake





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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN FROM THE KITCHEN	Italian Beef Bolognese with Pasta	Chicken Tikka Masala with Pilaff Rice	Roast Pork & Gravy with Roast Potatoes	Turkey & Lemon Meatballs with Penne Pasta	Battered Fish & Chips
VEGETARIAN FROM THE KITCHEN	Roasted Vegetable (bean) Burrito	Macaroni Cheese	Fry's Vegetarian Strips with Roast Potatoes and Gravy	Butternut Squash & Bean Stew with WHOLEGRAIN Rice	Quorn Burger & Chips
SOUP	Carrot & Butterbean Soup Served with Homemade Bread	Tomato & Thyme Soup Served with Homemade Bread	Roast Butternut Squash Soup Served with Homemade Bread	Tomato Soup Served with Homemade Bread	Roast Pepper & Tomato Soup Served with Homemade Bread
VEGETABLES	Sweetcorn Carrots	Roasted Mediterranean Vegetables	Cabbage Honey Roasted Parsnips	Cauliflower Broccoli	Peas Baked Beans
COUPERS CHICKEN	Sweet Chilli Chicken Strips	Tomato & Basil Chicken Strips	Speciality Bread & Hot Roast Carvery	Southern Chicken	Soy & Honey Chicken Thigh
SIDES	Corn On the Cob	Naan Bread	Cheese & Chilli slaw	Roast Butternut Squash Wedges	Savoury Rice
JUST GRAZE SALADS	A Selection of Seasonal Salads	A Selection of Seasonal Salads	A Selection of Seasonal Salads	A Selection of Seasonal Salads	A Selection of Seasonal Salads
JACKET	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw
DESSERT	Apple & Berry Crumble with custard	Fruit Fool	Chocolate Brownie with Chocolate Sauce	Peach Sponge & Custard	Fruity Flapjack