CALDERWOOD LODGE PRIMARY MENU OCTOBER – APRIL 18

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| **WEEK1** **23/10/17, 13/11, 4/12, 1/1/18, 22/1, 12/2, 5/3, 26/3** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **OPTION 1** | Quorn in a Herby Tomato Sauce with Spaghetti and Sweetcorn | Macaroni Cheese with Garlic Bread and Garden Peas | Sausages with Onion Gravy, Mashed Potatoes and Fresh Carrots | Potato and Aubergine Curry with Wild Rice and Spiced Onions | Tuna Pasta, Diced Cucumber, Sweetcorn Salad Box |
| **OPTION 2** | Falafal with Seasoned Wedges and Beetroot Salad | BBQ Quorn pieces with Cous Cous and Roasted Vegetables | Salmon Goujons with herby diced potatoes with fresh broccoli | Cheese & Tomato Pizza with shredded lettuce and grated carrot | Hot dog in a warm finger roll with sauted onions and tomato relish |
| **OPTION 3** | Cheese Toastie with Homemade Coleslaw | Tuna Mayo baguette with cherry tomatoes | Coronation Quorn pieces with Baked Potato | Egg Mayonnaise Sandwich with ladybird salad | Vegi burger in a warm bun with garden salad and a basil dressing |
| **DESSERT** | Fruit Platterandyoghurt | Fruit platter andSoup of the day | Fruit platter andSponge | Fruit platter andSoup of the day | Fruit Platter andShortbread |

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| **WEEK 2****30/10/17, 20/11, 11/12, 8/1/18, 29/1, 19/2, 12/3**  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **OPTION 1** | Mexican Quorn Pieces with Roasted peppers in a warm pitta | Poached Salmon Fillet with New Potatoes and fresh broccoli | Vegetable Lasagne with Garlic Bread and Israeli salad | Macaroni Cheese with Garlic Bread and Roasted tomatoes | Italian Sausage pasta salad box |
| **OPTION 2** | Tomato and Cheese Pasta bake with Mediterranean roasted vegetables  | Cheese and Tomato Pizza with crunchy salad and French dressing | Sweet and Sour Quorn pieces with Noodles and oriental veg | Falafal with BBQ sauce in warm wrap with Ladybird Salad | Sweetcorn grill in a warm bun with tossed salad |
| **OPTION 3** | Tuna Mayo sandwich with sliced cucumber | Baked Potato with Quorn Bolognaise and sweetcorn | Cheese Panini with beetroot salad | Warm Pitta with Beetroot hummus served with assorted crudities |  Smoked Salmon Bagel with crips baby gem lettuce and lemon mayonnaise |
| **DESSERT** | Fruit PlatterandSoup of the day | Fruit platter andbanana muffin | Fruit platter andSoup of the day | Fruit platter andYoghurt | Fruit Platter andSoup of the day |

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| **WEEK 3****6/11/17, 27/11, 18/12, 15/1/18, 5/2, 26/2, 19/3** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **OPTION 1** | Fish Goujons with chips and garden peas | Dhal Curry with wild rice and spiced onions | Quorn Bolognaise with penne pasta , garlic bread and sweetcorn | Macaroni cheese with garlic bread and garden peas | Sausage fajita in tortilla wrap with tossed salad box |
| **OPTION 2** | Tuna and Sweetcorn Pizza with ladybird salad | Cheese and onion Frittata with diced potatoes and crunchy coleslaw | Salmon goujons with potato latkes and sweetcorn | Homemade sausage rolls with mashed potatoes and fresh carrots | Hot dog in warm finger roll with tomato relish and sauted onions |
| **OPTION 3** | Falafal pitta with crunchy Salad | Baked Potato with Cheese and homemade coleslaw | Egg Mayonnaise baguette served with Shredded Lettuce | Tuna Toastie with sliced gherkin | Vegi burger in a warm bun served with assorted crudities |
| **DESSERT** | Fruit PlatterandYoghurt | Fruit platter andSoup of the day | Fruit platter andChoc Sponge | Fruit platter andSoup of the day | Fruit Platter andIce cream |

All meals include each of the following options:

* Freshly made soup of the day or dessert
* Drink option including :Plain milk, water, Fruit juice
* Bread Basket
* Crudity platter – with mixed peppers, baby corn & carrot batons

Allergies

Before you order food and drink, please speak to a member of the catering team if you have a food allergy or intolerance.

Note: After any holiday the 1st day back will always be the Monday menu and then the normal days will follow.