

LIGHTMOOR MENU November 2020

Week 1	Monday	Tuesday	Wednesday	Thursday	Fish Friday
Main	Gluten Free Meat Balls <i>Served with a Tomato Sauce</i>	Homemade Pizza Cheese Topped Pizza with a Thin and Crispy Base	Traditional Roast with a Rich & Tasty Gravy <i>Farm Assured Sliced Meat</i>	Homemade Chicken Dippers coated in tasty breadcrumbs Farm assured Chicken With Curry Sauce Pot	Fish Finger <i>Fillet of Fish Coated in a Crispy Breadcrumb</i>
Vegetarian	Vegetarian Balls (v)	Roasted Vegetable Pasta Bake (V)	Quorn Parcels (V) <i>Minced Quorn & Roast Vegetables encased in Puff Pastry</i>	Quorn Dippers	Garlic Potato Bake
Carbohydrates	Pasta	Diced Potatoes	Roast Potatoes	Boiled Rice / Baby Jacket Potato	Chips
Vegetables	Seasonal Vegetable Selection	Seasonal Vegetable Selection	Seasonal Vegetable Selection	Seasonal Vegetable Selection	Seasonal Vegetable Selection
Salad Selection	Seasonal Salad Pot	Seasonal Salad Pot		Seasonal Salad Pot	Seasonal Salad Pot
Homemade Bread	Homemade Bread Selection	Homemade Bread Selection	Homemade Bread Selection	Homemade Bread Selection	Homemade Bread Selection
Pudding	Homemade Muffin	Homemade Biscuit	Jelly with a Swirl of Cream	Homemade Cheesecake	Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse
	Yogurts Fruit Pots	Yogurts Fruit Pots	Yogurts Fruit Pots	Yogurts Fruit Pots	Yogurts Fruit Pots

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Big Breakfast <i>Farm Assured Back Bacon & Pork Sausage, Free Range Scrambled Egg</i>	Homemade Chicken and Sweetcorn Pasta Bake	Traditional Roast with Rich and Tasty Gravy <i>Farm Assured Sliced Meat</i>	Homemade Chicken Dippers, coated in tasty breadcrumbs Farm assured Chicken with BBQ or Tomato Sauce Pot	Fish Finger <i>Fillet of Fish Coated in a Crispy Breadcrumb</i>
Vegetarian	Quorn Sausage (V)	Mixed Bearn & Vegetable Pasta Bake (V) <i>Mixed Beans, Pasta & Seasonal Vegetables cooked in a Rich Tomato Sauce</i>	Quorn Parcels (V) <i>Minced Quorn & Roast Vegetables encased in Puff Pastry</i>	Quorn Dippers (V)	Garlic Pasta Bake (V)
Carbohydrates	Hash Browns	Pasta Twists (included in bake)	Roast Potatoes	Boiled Rice/Pasta	Chips
Vegetables	Baked Beans Mushrooms Tomatoes	Seasonal Vegetable Selection	Seasonal Vegetable Selection	Seasonal Vegetable Selection	Seasonal Vegetable Selection
Salad Selection	Seasonal Salad Pot	Seasonal Salad Pot		Seasonal Salad Pot	Seasonal Salad Pot
Homemade Bread	Homemade Bread Selection	Homemade Garlic Bread	Homemade Bread Selection	Homemade Bread Selection	Homemade Bread Selection
Pudding	Fresh From the Farm Ice Cream	Homemade Muffin	Fruit Jelly with a Swirl of Cream	Shortbread Biscuit	Chocolate & Vanilla Swirl Mousse or Shortbread
	Yogurts Fruit Pots	Yogurts Fruit Pots	Yogurts Fruit Pots	Yogurts Fruit Pots	Yogurts Fruit Pots