

CLOTAMUS KITCHEN MENU – OCTOBER 2018 to APRIL 2019

	WEEK1	WEEK 2	WEEK 3
MONDAY	CHICKEN AND BACON PASTA IN TOMATO AND BASIL SAUCE with GARLIC BREAD PEAS & SWEETCORN	BEEF CHILLI with RICE & NACHOS PEAS & SWEETCORN	SPAGHETTI BOLOGNAISE with GARLIC BREAD SEASONAL VEGETABLES
TUESDAY	ROAST CHICKEN with ROAST POTATOES & FRESH VEGETABLES or MACARONI CHEESE	ROAST CHICKEN with ROAST POTATOES & FRESH VEGETABLES or MACARONI CHEESE	ROAST CHICKEN with ROAST POTATOES & FRESH VEGETABLES or MACARONI CHEESE
WEDNESDAY	SAUSAGE 'N' MASHED POTATO SELECTION OF VEGETABLES	BREADED COD FILLET with CUBED POTATOES PEAS or BAKED BEANS	LASAGNE with GARLIC BREAD SEASONAL VEGETABLES
THURSDAY	ROAST BEEF & YORKSHIRE PUDDING with ROAST POTATOES & FRESH VEGETABLES Or JACKET POTATO with BEANS/CHEESE	ROAST BEEF & YORKSHIRE PUDDING with ROAST POTATOES & FRESH VEGETABLES Or JACKET POTATO with BEANS/CHEESE	ROAST BEEF & YORKSHIRE PUDDING with ROAST POTATOES & FRESH VEGETABLES Or JACKET POTATO with BEANS/CHEESE
FRIDAY	CHEESE, TOMATO, HAM & PINEAPPLE PIZZA FISH CAKES CHIPS or PASTA BAKED BEANS or SWEETCORN	HOT DOGS CHEESE & TOMATO PIZZA CHIPS or PASTA BAKED BEANS or SWEETCORN	BEEF BURGER FISH FINGERS CHIPS or PASTA BAKED BEANS or SWEETCORN

For dessert each day there is a selection of FRESH FRUIT from our 'fruit/salad bar' or one of the following options: baked cookie, chocolate/vanilla sponge, jelly, yoghurt, angel delight or blueberry muffins. In addition to the hot meals above we offer a GRAB BAG option each day. These consist of a soft ham or cheese roll, a dessert from the counter and a snack (Mon – crisps, Tues – raisins, Wed – cheese wotsits, Thu – quavers, Fri – fruit winders).