



Knights Enham - Week 1 Menu

Week commencing: 31st August, 21st September, 12th October

MONDAY

MAIN MEAL



Beef Burger in a Bun served with Potato Wedges, Mixed Garden Salad and Coleslaw

VEGETARIAN



Veggie Burger in a Bun served with Potato Wedges, Mixed Garden Salad and Coleslaw

JACKET POTATO / PASTA



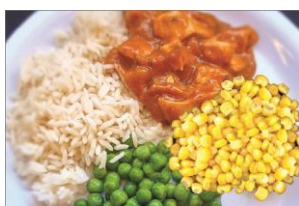
Pasta with Tomato and Basil Sauce

DESSERT



Chocolate Brownie

TUESDAY



Chicken Curry & Rice served with Peas and Sweetcorn



Chickpea and Sweet Potato Curry & Rice served with Peas and Sweetcorn

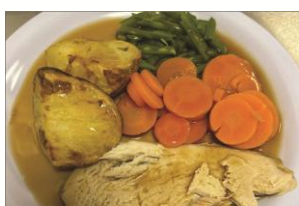


Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Oaty Cinnamon Cookie

WEDNESDAY



Roast Chicken served with Roast Potatoes, Seasonal Vegetables and Gravy



Vegetarian Sausage served with Roast Potatoes, Seasonal Vegetables and Gravy



Pasta with Tomato and Basil Sauce



Rainbow Jelly

THURSDAY



Ham Pizza served with Potato Wedges, Mixed Garden Salad and Coleslaw



Margherita Pizza served with Potato Wedges, Mixed Garden Salad and Sweetcorn



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Peach Crumble & Custard

FRIDAY



Battered Fish served with Chips, Beans, Peas & Tomato Ketchup



Veggie Bolognese Loaded Jacket Potato



Pasta with Tomato and Basil Sauce



Fruity Friday

All meals come with seasonal vegetables or salad of your choice.
*Some photos may depict different sides to those described.

MONDAY

MAIN MEAL



Sausages served with Mashed Potato and Seasonal Vegetables

VEGETARIAN



Vegetarian Sausage served with Mashed Potato and Seasonal Vegetables

JACKET POTATO / PASTA



Pasta with Tomato and Basil Sauce

DESSERT



Chocolate Sponge with Chocolate Custard

TUESDAY



Tuna Pasta Bake served with Warm Baguette and Seasonal Vegetables



Margherita Pizza served with Potato Wedges, Mixed Garden Salad and Sweetcorn

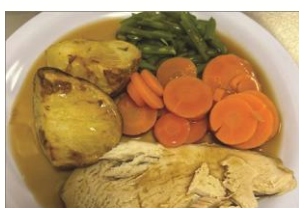


Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Banana Muffin

WEDNESDAY



Roast Chicken served with Roast Potatoes, Seasonal Vegetables and Gravy



Vegetarian Mince & Onion Pie served with Roast Potatoes, Seasonal Vegetables and Gravy



Pasta with Tomato and Basil Sauce

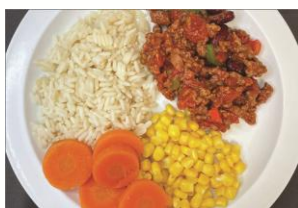


Rainbow Jelly

THURSDAY



Mild Beef Chilli Con Carne with Rice and Seasonal Vegetables



Vegetarian Mince Chilli and Rice with Seasonal Vegetables



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling

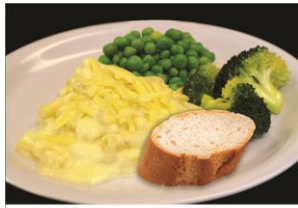


Shortbread

FRIDAY



Fish Fingers or Salmon Fish Fingers served with Chips, Beans, Peas & Tomato Ketchup



Macaroni Cheese served with Warm Baguette, and Seasonal Vegetables



Pasta with Tomato and Basil Sauce



Fruity Friday

All meals come with seasonal vegetables or salad of your choice.

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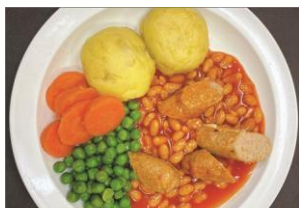


Knights Enham - Week 3 Menu

Week commencing: 14th September, 5th October

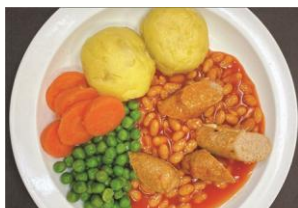
MONDAY

MAIN MEAL



Sausage Cowboy Hotpot served with Mashed Potato and Seasonal Vegetables

VEGETARIAN



Veggie Sausage and Baked Bean Hotpot served with Mashed Potato and Seasonal Vegetables

JACKET POTATO / PASTA



Pasta with Tomato and Basil Sauce

DESSERT



Flapjack

TUESDAY



Homemade Beef Lasagne served with Warm Baguette and Seasonal Vegetables



Veggie Meatballs & Pasta served with Warm Baguette and Seasonal Vegetables

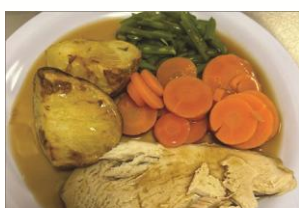


Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Chocolate Cornflake Cake

WEDNESDAY



Roast Chicken served with Roast Potatoes, Seasonal Vegetables and Gravy



Creamy Vegetable Pie served with Roast Potatoes and Seasonal Vegetables



Pasta with Tomato and Basil Sauce



Rainbow Jelly

THURSDAY



American Chicken Wrap served with Warm Baguette and Seasonal Vegetables



Vegetable Paella served with Warm Baguette and Seasonal Vegetables

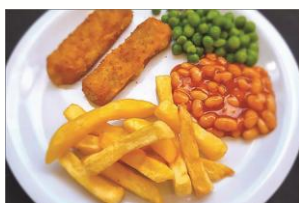


Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Apple Crumble & Custard

FRIDAY



Fish Fingers served with Chips, Beans, Peas & Tomato Ketchup



Vegetable Fingers served with Chips, Beans, Peas & Tomato Ketchup



Pasta with Tomato and Basil Sauce



Fruity Friday

All meals come with seasonal vegetables or salad of your choice.
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