

Zest SBL Menu Sept 2019 – Feb 2020 Key (V) vegetarian (HM) Homemade (GF) gluten free option available (DF) dairy free option available

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Week Commencing: 02.09.2019 – 23.09.2019 – 14.10.2019 – 11.11.2019 – 02.12.2019 – 06.01.2020 – 27.01.2020					
Main Course Choices We use Local Farm Assured Meats and MSC Fish...	Meaty Beefy Macaroni Cheese With Garlic Bread (HM) Or Mushroom and Red Pepper Risotto (V)(GF)(DF)	Mediterranean Chicken Bake (HM)(DF)(GF) Or Vegetable Noodles with Sticky Sauce (V)(HM)(DF)	Farm Assured Roast Gammon (DF)(GF) Or Quorn Roast (V)(GF) Allergen Free Gravy	Breaded Turkey Schnitzel With a Lemon Mayonnaise (HM) Or Savoury Muffin (V)	Golden MSC Fish Fingers Or Cheesy Scotch Egg (V)
Side Dishes Salad Bar Available Daily	Garlic Bread and Salad	Potatoes Wedges and Broccoli	Roast Potatoes, Carrots, Cabbage and Gravy	New Potatoes and Peas	Chipped Potatoes and Baked Beans or Peas
Dessert of the Day	Vanilla Muffin (HM)(V)	Beetroot Chocolate Brownie (HM)(V)	Cherry Cookie (HM)(V)	Fruity Carrot Slice (HM)(V)	Artic Roll (V)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Week Commencing: 09.09.2019 – 30.09.2019 – 21.10.2019 – 18.11.2019 – 09.12.2019 – 13.01.2020 – 03.02.2019					
-Main Course Choices We prepare our food fresh each day using fresh ingredients...	Chicken, Bacon and Leek Pasta Bake (HM) Or Vegetable Biryani (V)(GF)(DF)	Oven Baked Chicken Strips with Ketchup Or Cheese Flan (V)(HM)	Farm Assured Roast Beef (GF)(DF) with Yorkshire Pudding Or Sweet Potato and Chickpea Bake (V)(GF)(DF)	Butchers Pork Sausages and Onion Gravy (DF) Or Vegetable Sausages (V)	Battered Cod or Baked Gnocchi in a Tomato Sauce (V)
Side Dishes Salad Bar Available Daily	Sweetcorn and Peas	Herby Diced Potatoes and Mixed Salad	Roast Potatoes, Broccoli, Carrots and Allergen Free Gravy	Colcannon and Green Beans	Chipped Potatoes and Baked Beans or Peas
Dessert of the Day	Pancakes With Fruit Compote (V)	Banoffee Pie (HM)(V)	Chocolate Chip Shortbread (HM)(V)	Jam Roly Poly and Custard (V)	Frozen Smoothie Pot

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Week Commencing: 16.09.2019 – 07.10.2019 – 04.11.2019 – 25.11.2019 – 16.12.2019 – 20.01.2020 – 10.02.2020					
Main Course Choices Our Eggs are Cage Free!	Jacket Potato Day With Chilli Beef (HM)(DF)(GF) Or Vegetable Chilli (HM)(V)(GF)(DF)	Lamb Curry (HM)(DF)(GF) Naan and Rice Or Tomato and Herb Pasta Shells (DF)(V)(HM)	Farm Assured Roast Chicken Thighs (GF)(DF) with Stuffing Or Quorn Garlic Escalope (V) With Allergen Free Gravy	Beef and Ale Pie (HM) Or Vegetable Kiev (V)	Kedgerie (HM)(GF) Or Southern Fried Quorn Burgers
Side Dishes Salad Bar Available Daily	Mixed Salad	Garden Peas	Roast Potatoes, Carrots and Red Cabbage	Creamed Potatoes, and Green Beans	Chipped Potatoes and Baked Beans or Peas
Dessert of the Day	Peach Cake and Custard (HM)(V)	Orange Yoghurt Cake (HM)(V)	Raspberry Cheesecake (HM)(V)	Chocolate Refrigerator Cake (HM)(V)	Blueberry Muffin (HM)(V)