Menu – WC – 18.09.2023

FORRES SANDLE MANOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Potato & watercress	Creamy Cauliflower	Pea & mint	Tomato & basil	Sweet potato, Carrot & Parsnip		
Main Meal	Traditional Pork Sausages Served With Sticky Red Onions & Gravy	<u>Classic Roast</u> Slow Roasted Loin Of Pork With Apple Sauce Cheddar & asparagus turnover "Skin on" roast potatoes "Skin-on" roast root vegetables Proper gravy	"Make it mine Wednesday " 50/50 Penne pasta with YOUR sauce.. Beef bolognaise Creamy ham & broccoli Chunky tomato, vegetable & basil	Lamb, red lentil & carrot Shepherds pie with creamy mash top	MSC Cod Fish fingers with lemon mayonnaise or tomato ketchup	Build Your Fajita With Lightly Spiced Pulled Chicken, Sliced Peppers, Onions, Salsa & Sour Cream	Sandwich Buffet
Meat Free	Vegetable Quorn Sausages			Stuffed jackets with tomatoes, red peppers, BBQ sauce & cheddar	Tempura Quorn Chunks With Curry sauce	Spiced Vegetable & Chick Pea Fajita	
On The Side	Mash Potato, Steamed peas	Steamed Vegetables	Simple salad with cucumber & cherry tomatoes	Baked squash & winter greens	Chips, Peas & Sweetcorn	Steamed Rice, Selection Of Crudités	
Dessert	Apple & Pear Crumble with cream	Fresh cut fruit & yoghurt	Chocolate Brownie Slice	Fresh cut fruit & yoghurt	Mixed Berry Forres Mess	Muffin Selection	
Every Day	Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	