

week  
1

Salad bar, wholemeal bread and milk  
available daily



	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Chicken in a creamy korma sauce served with boiled white rice and a mini samosa	Homemade cheese quiche served with creamy mashed potatoes and baked beans (v)	Red tractor sliced turkey served with homemade roasted potatoes, diced carrots, and gravy (gf)	Freshly made Italian style cheese and tomato calzone served with sweetcorn salsa (v)	Harry Ramsden battered fish fillet served with oven baked French fries, garden peas and tomato ketchup
Main meal	Crispy crumbed vegetable burger served with Cajun jacket wedges and homemade tomato salsa (pb)	Pork sausage served with creamy mashed potatoes and baked beans	Macaroni cheese served with a freshly made rainbow garlic bread (v)	Homemade Mexican chilli con carne served with rice and ½ wholemeal pitta bread	Jamaican style jerk Quorn fillet served with coconut rice and peas (pb)
Cold choice	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit	Freshly made wraps served with a mixed salad and vegetable batons	Freshly made barm cake served with mixed salad and ½ piece of fruit	Freshly made wholemeal sandwiches served with a mixed salad and vegetable batons	Freshly made finger roll served with a mixed salad and ½ piece of fruit
Pudding	Freshly made strawberry mousse  Cheese & crackers Fresh fruits Yoghurts	Homemade iced sponge cake  Cheese & crackers Fresh fruits Yoghurts	Freshly made muesli bar (pb)  Cheese & crackers Fresh fruits Yoghurts	Shortbread biscuit (pb)  Cheese & crackers Fresh fruits Yoghurts	Homemade chocolate and mandarin muffin  Cheese & crackers Fresh fruits Yoghurt

A jacket potato served with a choice of 3 fillings per day (from tuna mayonnaise, baked beans and cheddar cheese)

**week  
2**

Salad bar, wholemeal bread and milk  
available daily



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal</b>	Homemade rainbow pizza served with seasoned diced potatoes and a refreshing cucumber, tomato, red onion salsa (v)	Gammon fillet served with crispy hash browns and baked beans (gf)	Homemade Quorn sausage & tomato frittata served with oven baked French fries and a fresh green salad (v)	Italian style lamb Bolognese in a rich homemade tomato sauce served with pasta	Bird's Eye fish fingers served with oven baked chunky chipped potatoes and mushy peas
<b>Main meal</b>	Chicken biryani served with a refreshing cucumber, tomato, red onion salsa (gf)	Quorn fajita pasta served with ½ pitta bread and lettuce, cucumber & tomato salad (v)	Beef burger in a bun served with oven baked French fries, sweetcorn and tomato ketchup.	Mexican style vegetable enchiladas served with seasoned potatoes and tomato Salsa (v)	Quorn southern style burger served with oven baked chunky chipped potatoes and mushy peas (v)
<b>Cold choice</b>	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit	Freshly made finger roll served with a mixed salad and vegetable batons	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit	Freshly made wraps served with a mixed salad and vegetable batons	Freshly made barm cake served with a mixed salad and ½ piece of fruit
<b>Pudding</b>	Arctic roll  Cheese & crackers Fresh fruits Yoghurts	Fruit Jelly topped with Whipped cream  Cheese & crackers Fresh fruit Yoghurts	Freshly made vegan syrup sponge (pb)  Cheese & crackers Fresh fruits Yoghurts	Yoghurt whip served with a mini shortbread biscuit.  Cheese & crackers Fresh fruits Yoghurts	Chocolate muffin topped with a butter cream swirl  Cheese & crackers Fresh fruits Yoghurts

A jacket potato served with a choice of 3 fillings per day (from tuna mayonnaise, baked beans and cheddar cheese)

**week  
3**

Salad bar, wholemeal bread and milk  
available daily



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal</b>	Pork meatballs in a homemade rich tomato sauce served with penne pasta & a slice of garlic bread	Homemade cheese & tomato pizza served with seasoned diced potatoes and rainbow salad (v)	Chicken fillet served with homemade roasted potatoes, Broccoli florets and gravy (gf)	Freshly baked vegetarian sausage roll served with oven baked jacket wedges, garden peas and tomato ketchup (v)	Salmon fish finger wrap served with crunchy oven baked French fries and baked beans
<b>Main meal</b>	Quorn sausage, Yorkshire pudding served with creamy mashed potatoes, diced carrots & gravy (v)	Sweet chilli chicken wrap served with seasoned diced potatoes and rainbow salad	Chickpea & lentil dahl served with boiled white rice and ½ wholemeal pitta bread (pb)	Homemade Italian style beef lasagne served with a freshly made salad	Quorn vegan nuggets served with crunchy oven baked French fries and baked beans (pb)
<b>Cold choice</b>	Freshly made wraps served with a mixed salad and ½ piece of fruit	Freshly made wholemeal sandwiches served with a mixed salad and vegetable batons	Freshly made barm cake served with a mixed salad and ½ piece of fruit	Freshly made wraps served with a mixed salad and vegetable batons	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit
<b>Pudding</b>	Iced smoothie tub (mango & orange or strawberry) (pb)  Cheese & crackers Fresh fruits Yoghurts	Homemade chocolate and vanilla pinwheel biscuit (pb)  Cheese & crackers Fresh fruits Yoghurts	Pineapple upside down cake  Cheese & crackers Fresh fruits Yoghurts	Homemade chocolate & mandarin mousse  Cheese & crackers Fresh fruits Yoghurts	Carrot cake muffin topped with a buttercream swirl  Cheese & crackers Fresh fruits Yoghurts

A jacket potato served with a choice of 3 fillings per day (from tuna mayonnaise, baked beans and cheddar cheese)

**Salford City Council**

V = Vegetarian PB= Plant based GF = Gluten free

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