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Week Day	Main Course	Vegetarian Course	Jacket Potato 	Vegetable (1)	Vegetable (2)	Vegetable (3)	Sweet
Monday	 Surrey Chicken and Vegetable Pie 	Vegetable Lasagne  	Chipolata Sausage & beans	 Carrots 	Garden Peas	New Potatoes 	Vanilla Ice Cream
Tuesday	Meatballs in Tomato Sauce	Vegetable Chow Mein  	Cheese and Ham	 Broccoli 	Sweetcorn	Penne Pasta	Manchester Tart with Custard 
Wednesday	 Suffolk Roast Turkey 	Macaroni Cheese 	Tuna & red peppers	 Cauliflower 	Green Beans	 Roast Potatoes 	 Rhubarb Crumble with Tart Sauce 
Thursday	 Surrey Chicken Stroganoff 	Vegetable Curry with Rice  	Baked Beans	 Diced Fresh Swede 	 Broccoli 	Pilau Rice	Syrup Sponge with Custard Sauce 
Friday	 Tuna and Tomato pasta bake	Quorn Vegetable Chilli  	Chesse Potato Boats	Garden Peas	 Carrots 	 Potato Wedges	Raison Flapjack 
	Local Sourced Food						
	Marine Stewardship Council						
	Seasonal Produce						





































































St Stephens Spring Menus Week 2 (subject to availability)

Week Day	Main Course	Vegetarian Course	Jacket Potato	Vegetable (1)	Vegetable (2)	Vegetable (3)	Sweet
Monday	 Sussex Lamb Shepherds Pie 	Vegetable Hot Pot  	 Cottage Cheese	Baked Beans	 Cauliflower 	 New Potatoes 	 Kentish Apple Pie with Custard 
Tuesday	 Surrey Chicken Curry 	Spinach and Red Lentil Lasagne 	Grated Cheddar	Garden Peas	 Glazed Carrot 	Rice	 Peach Muffin
Wednesday	 Hampshire Beef Lasagne 	Cheese and Tomato Quiche 	 Mild Vegetable and Bean Chilli 	Sweetcorn and Peppers	 Broccoli 	Garlic Bread	 Fruit Smoothies
Thursday	 Margherita Pizza	Sweet and Sour Vegetables  	Tuna and sweetcorn	 Seasonal Mixed Vegetables 	Green Beans	Boiled Rice	 Pear Crumble with Custard
Friday	 MSC Breadcrded Salmon Fishcake 	Vegetarian Bolognaise with Pasta  	Baked Beans	Peas	 Mixed Vegetables 	 Creamed Potatoes 	 Jam Sponge with Custard
	Local Sourced Food						
	Marine Stewardship Council						





St Stephens Spring Menus Week 3 (subject to availability)

Week Day	Main Course	Vegetarian Course	Jacket Potato	Vegetable (1)	Vegetable (2)	Vegetable (3)	Sweet
Monday	Sausages and Onion Gravy	 Cauliflower Cheese 	 Baked Beans	 Cabbage 	 Glazed Carrots 	 Creamed potatoes 	 Peach Crumble and Custard 
Tuesday	 Penne Bolognese 	 Cheese and Potato Layer 	 Double baked	 Fresh Seasonal Vegetables 	 Sweetcorn 	 New Potatoes 	 Carrot Cake 
Wednesday	 Roast Surrey Chicken and Stuffing 	 Pasta Twists with Tomato and Basil Sauce 	 Quorn Vegetable Bolognese 	 Roast Parsnips 	 Broccoli 	 Roast Potatoes 	 Cherry Slice with Custard 
Thursday	 Hampshire Beef and Vegetable Pie 	 Macaroni Cheese 	 Tuna Mayonnaise	 Baked Beans 	 Roasted Vegetables 	 New Potatoes 	 Baked Rice Pudding 
Friday	 MSC Fishfingers 	 Stir Fry Vegetables 	 Cheese, Onion and Tomato	 Carrots 	 Garden Peas 	 Mashed Potato 	 Kentish Apple Crumble and Custard 
	Local Sourced Food						
	Marine Stewardship Council						