

# Regen Menu – WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken & Vegetable Pie	Savoury Beef Mince with Dumpling	Homemade Cheese & Tomato Pizza (V)	Pork Fillet with Sage & Onion Stuffing	Crispy Coated Fish
Creamed Potatoes	Carrot & Swede Mash	Country Diced Potatoes	Oven Roast Potatoes	Chips
Broccoli	Cauliflower	Sweetcorn	Turnip	Mushy Peas
★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★
Quorn Frankfurter (V) or Classic Hot Dog	Cheese Omelette (V)	Quorn Keema Curry (V)	Homemade Tomato Soup (V)	Spaghetti Napoli (V)
Seasoned Potato Wedges	Hash Browns	Savoury Rice	Focaccia Bread	Garlic Bread
Wholemeal Spaghetti Hoops in Tomato Sauce	Baked Beans	Broccoli		Sweetcorn
★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★
	Ham Sandwich		Tuna Sandwich	
★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★
Jacket Potato with Choice of Filling	Jacket Potato with Choice of Filling	Jacket Potato with Choice of Filling	Jacket Potato with Choice of Filling	Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna	Cheese, Baked Beans (V) or Tuna	Cheese, Baked Beans (V) or Tuna	Cheese, Baked Beans (V) or Tuna	Cheese, Baked Beans (V) or Tuna

## Available Daily

Salad bar, selection of fresh bread and rolls

Choice of drinks- Fruit juice drink, reduced fat milk, chilled drinking water

Fresh Fruit Selection, Yoghurt and Cheese and Biscuits

## DESSERT

Frozen Yoghurt  
or  
Fresh Fruit

## DESSERT

Sticky Orange Sponge  
  
Custard

## DESSERT

Apple Crumble Muffin

## DESSERT

Fresh Fruit Salad  
or  
Yoghurt

## DESSERT

Fruity Flapjack  
  
Custard

Menus are subject to availability (V) Suitable for vegetarians

# Regen Menu Primary – WEEK TWO

## MONDAY

Quorn Style Dippers with  
Tomato Relish **(V)**

Chips

Garden Peas

★ ★ ★ ★

Homemade Roasted  
Vegetable Pizza **(V)**

Chips

Garden Peas

★ ★ ★ ★

Egg and Cress  
Sandwich **(V)**

★ ★ ★ ★

Jacket Potato  
with Choice of Filling  
Cheese, Baked Beans **(V)**  
or Tuna

## TUESDAY

Baked Pork Sausage  
with Yorkshire Pudding

Creamed Potatoes

Spring Cabbage

★ ★ ★ ★

Tuna Pasta Bake

Garlic and Herb Bread

Sweetcorn

★ ★ ★ ★

Jacket Potato  
with Choice of Filling  
Cheese, Baked Beans **(V)**  
or Tuna

## WEDNESDAY

Beef Burger  
or  
Quorn Burger **(V)**  
Sweet Potato Fries

Coleslaw

★ ★ ★ ★

Quorn & Vegetable Pie **(V)**

Creamed Potatoes

Turnip

★ ★ ★ ★

Jacket Potato  
with Choice of Filling  
Cheese, Baked Beans **(V)**  
or Tuna

## THURSDAY

Roast Chicken Fillet & Sage  
and Onion Stuffing

Oven Roast Potatoes

Carrots

★ ★ ★ ★

Quorn Korma **(V)**

Steamed Rice  
Naan Bread  
Minted Apple and  
Cucumber Salad

★ ★ ★ ★

Cheese Sandwich

★ ★ ★ ★

Jacket Potato  
with Choice of Filling  
Cheese, Baked Beans **(V)**  
or Tuna

## FRIDAY

Cod Fishcake

Seasoned Wedges

Baked Beans

★ ★ ★ ★

Quorn Kofta with Mint Raita  
in Pitta Pocket **(V)**

Savoury Vegetable Rice

★ ★ ★ ★

Jacket Potato  
with Choice of Filling  
Cheese, Baked Beans **(V)**  
Or Tuna

## Available Daily

Salad bar, selection of fresh bread and rolls

Choice of drinks- Fruit juice drink, reduced fat milk, chilled drinking water

Fresh Fruit Selection, Yoghurt and Cheese and Biscuits

## DESSERT

Chocolate Brownie  
Chocolate Sauce

## DESSERT

Frozen Strawberry  
Mousse

## DESSERT

Chilled Yoghurt  
or Fresh Fruit Salad

## DESSERT

Iced Sponge  
Custard

## DESSERT

Fresh Fruit Selection  
or Frozen Yoghurt

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# Regen Menu – WEEK THREE

## MONDAY

Meatballs in Tomato & Herb  
Sauce  
Pasta Twists  
Garlic & Herb Bread  
Sweetcorn

★ ★ ★ ★

Cheese Roll **(V)**

Country Diced Potatoes

Baked Beans

★ ★ ★ ★

Ham & Tomato Baguette

★ ★ ★ ★

Jacket Potato  
with Choice of Filling  
Cheese, Baked Beans **(V)**  
or Tuna

## TUESDAY

BBQ Chicken Grill  
Seasoned Wedges  
Garden Peas

★ ★ ★ ★

Quorn & Lentil Jalfrezi **(V)**

Steamed Rice  
Naan Bread

Tomato & Onion Salad

★ ★ ★ ★

Jacket Potato  
with Choice of Filling  
Cheese, Baked Beans **(V)**  
or Tuna

## WEDNESDAY

Turkey Cobbler  
New Potatoes  
Broccoli

★ ★ ★ ★

Vegetable Nuggets **(V)**  
with Garlic Mayo  
Seasoned Potato  
Wedges

Wholemeal Spaghetti  
Hoops

★ ★ ★ ★

Cheese Savoury Sandwich

Jacket Potato  
with Choice of Filling  
Cheese, Baked Beans **(V)**  
or Tuna

## THURSDAY

Roast Gammon  
Oven Roast Potatoes  
Carrot Batons

★ ★ ★ ★

Homemade Cheese  
& Tomato Pizza **(V)**  
Oven Roast Potatoes

Coleslaw

★ ★ ★ ★

Jacket Potato  
with Choice of Filling  
Cheese, Baked Beans **(V)**  
or Tuna

## FRIDAY

Cod Fish Fingers  
or  
Salmon Fish Fingers  
Chips

Beetroot  
★ ★ ★ ★

Quorn Sausage Roll **(V)**

Chips

Baked Beans

★ ★ ★ ★

Tuna Sandwich

Jacket Potato  
with Choice of Filling  
Cheese, Baked Beans **(V)**  
or Tuna

## Available Daily

Salad bar, selection of fresh bread and rolls

Choice of drinks- Fruit juice drink, reduced fat milk, chilled drinking water

Fresh Fruit Selection, Yoghurt and Cheese and Biscuits

## DESSERT

Lemon Drizzle Cake  
Custard

## DESSERT

Mixed Fruit Cookie

## DESSERT

Shortbread  
Custard

## Dessert

Ice Cream Tub

## DESSERT

Fresh Fruit Salad or  
Chilled Yoghurt

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