

Copthorne Catering (Yorkshire) Ltd

Week One Cycle Menu

All meat and poultry used is HMC

Menu Selection	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Choice	Fish Fingers	Sheesh Kebab	Chicken & Spinach Curry	Chicken Tikka	Cod Fishcake
Vegetarian Choice	Cheese Flan	Daal	Vegetable Ravioli	Quorn & Broccoli lasagne	Cheese & Tomato Pizza
Potatoes/veg	Potato Wedges	Wrap, Crusty Bread	Rice, Crusty Bread	Wrap, Crusty Bread	Chips
	Baked Beans	Mixed Salad	Peas and Sweetcorn	Mixed Salad	Baked Beans
	Freshly made sandwiches and Jacket Potatoes served with Salad available daily				
Desserts	Chocolate Iced Sponge & Custard or Icecream Roll	Vanilla Sponge & Custard or Fruit Yoghurt	Chocolate Sponge & Chocolate Sauce or Fruit in Jelly	Citrus Sponge & Custard or Vimto Jelly pot	Rice Crispie Square or Fruit Juice & Biscuit
	Fresh Fruit available daily				

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Week Two Cycle Menu

All meat and poultry used is HMC

Menu Selection	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Choice	Fish Star	Chicken Samosa	Chicken Balti	Chicken Tikka	Salmon Fillet Finger Finger
Vegetarian Choice	Quorn Southern Style Burger	Tomato Pasta Bake	Onion Bhaji Burger	Chickpea and Potato Curry	Cheese & Tomato Pizza
Potatoes/veg	Potato Waffles	Pommes Noisettes, Crusty Bread	Mini Naan Bread, Potato Wedges	Wrap	Chips
	Baked Beans	Carrots & Green Beans	Peas & Sweetcorn	Mixed Salad	Baked Beans
	Freshly made Sandwiches and Jacket Potato served with salad available daily				
Desserts	Jam Roll & Custard or Chocolate Swirl Mousse	Marble Cake & Custard or Jelly & cream	Chocolate Chip sponge & Custard or Fruit Yoghurt	Iced Sponge & Custard or Sugar Ring Donut	Mini muffin or Fruit Juice & Biscuit
	Fresh Fruit available daily				

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Week Three Cycle Menu

All meat and poultry used is HMC

Menu Selection	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Choice	Jumbo Fish Finger	Chicken Burger	Chicken Keema & Peas	Chicken Tikka	Harry Ramsden Fish Fillet
Vegetarian Choice	Vegetable Samosa	Vegetable Nuggets	Cheese Lattice	Quorn & Spinach Curry	Cheese & Tomato Pizza
Potatoes/Veg	Potato Wedges	Smilie Faces	Rice, Potato Croquettes	Wrap	Chips
	Baked Beans	Peas & Sweetcorn	Mexican Vegetable Mix	Mixed Salad, Grated Carrot,	Baked Beans
	Freshly made Sandwiches and Jacket Potato served with salad available daily				
Desserts	Chocolate & Orange sponge & custard or Angel Delight	Sponge & Custard or Orange & Mango Smoothie	Iced Sponge & Custard or Angel Delight	Chocolate & Banana Cake & Custard or Fruit Yoghurt	Flapjack or Milkshake & Biscuit
	Fresh Fruit available daily				