

HMS Menu, October 2021: Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Specials	Sweet & Sour Chicken served with Rice & vegetables	Homemade Steak Pie served with mash potatoes, vegetables & gravy	Pork Korma served with Rice & Naan Bread	Chicken Goujon wrap served with Side Salad & a selection of sauces	Fish and chips served with mushy peas or beans (chip shop curry sauce & gravy available)
	Salmon & Cod Fishcake served with new potatoes and seasonal vegetables	Vegetarian Sausage & Yorkshire pudding served with Mash, Vegetables & Gravy (v)	Selection of Fajitas served with side salad and wedges	Chilli Beef Taco served with side salad or vegetables	Oven Roasted Sausages served with chips, mushy peas or beans
	A selection of pasta, rice, couscous, potato or bread are available to accompany the main course.				
Vegetarian Special	Vegetarian Burrito served with side salad (v)	Green Pesto Pasta (v) served with garlic bread & side salad	Vegetable Stir-Fry with spaghetti (v)	Mediterranean pasta bake (v) served with side salad or vegetables	Cheese & Onion Lattice Roll (v) served with chips & beans or salad selection
Jacket Potato with filling	Jacket potato with a selection of fillings available daily.				
Sandwich Selection	Selection of freshly made sandwiches made daily.				
Vegetable & Salad	Seasonal vegetables & a selection of salad items served daily e.g. mixed salad, sliced peppers, carrot sticks, coleslaw, pasta salad				
Dessert	Strawberry Fruit Sundae	Iced Orange Cake	Vanilla Cheesecake	Chocolate pear pudding with chocolate sauce	Fruit muffin with glass of fruit juice/milk
	Also available daily as an alternative dessert: yoghurts, fresh fruit pot, piece of fresh fruit or cheese & crackers				

HMS Menu, October 2021: Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Specials	Pork Meatballs in homemade tomato sauce with pasta	Chicken Tikka Masala served with Rice & Naan bread	Homemade Beef Lasagne served with wedges & vegetables	BBQ Shredded Beef Baguette served with side salad and coleslaw	Gourmet Cheese Beef Burger served with chips
	Sweet chilli chicken wrap served vegetable rice	Spaghetti Carbonara served with crusty bread	Breaded Salmon Fillet served with wedges & vegetables	Chicken Enchilada served with Mexican slaw and salad	Fish Fingers served with chips & peas or beans (chip shop curry sauce & gravy available)
	A selection of pasta, rice, couscous, potato or bread are available to accompany the main course.				
Vegetarian Special	Spicy Bean Burger in a Bun (v) served with salad and coleslaw	Mexican Bean Burrito (v) served with a side salad or vegetables	Vegetarian Goujons (v) served with wedges and side salad & selection of sauces	Mac 'n' cheese (v) served with freshly baked bread and side salad	Pizza Panini (v) served with chips & side salad
Jacket Potato with Filling	Jacket potato with a selection of fillings available daily.				
Sandwich Selection	Selection of freshly made sandwiches made daily.				
Vegetable & Salad	Seasonal vegetables & a selection of salad items served daily e.g. mixed salad, sliced peppers, carrot sticks, coleslaw, pasta salad				
Dessert	Fruity flapjack	Lemon Drizzle Cake	Fruit Jelly Sundae	Sticky toffee pudding with vanilla sauce	Chocolate krispie
	Also available daily as an alternative dessert: yoghurts, fresh fruit pot, piece of fresh fruit or cheese & crackers				

HMS Menu, October 2021: Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Special	Spaghetti Bolognese served with garlic bread	BBQ Pulled Pork with Rice	Chicken chow mein with Noodles	Sausage & Yorkshire pudding served with roast potatoes, vegetables & gravy	Pizza with a selection of toppings served with chips and side salad
	Paninis with a choice of fillings served with side Salad	Smokey pepperoni pasta or Tomato & Basil Pasta (v)	Mince & Dumpling served with mash and vegetables	Beef Burrito served with and side salad	Fish Goujons in a wrap served with side salad
	A selection of pasta, rice, couscous, potato or bread are available to accompany the main course.				
Vegetarian Special	Vegetarian Enchilada (v) served with couscous and salad or vegetables	Vegetable 1/4 pounder (v) served with coleslaw & side salad	Vegie meatballs (v) served with Mash & gravy	Cheese & Broccoli Quiche (v) served with roast potato and side salad	Vegan Sausage Roll (v) served with chips and side salad
Jacket Potato with filling	Jacket potato with a selection of fillings available daily.				
Sandwich Selection	Selection of freshly made sandwiches made daily.				
Vegetable & Salad	Seasonal vegetables & a selection of salad items served daily e.g. mixed salad, sliced peppers, carrot sticks, coleslaw, pasta salad				
Dessert	Chocolate Brownie Sundae	Oaty Apple Crumble & Custard	Carrot Cake	Freshly baked cookies	Fruity flapjack with a glass of milk Or frozen Yoghurt
	Also available daily as an alternative dessert: yoghurts, fresh fruit pot, piece of fresh fruit or cheese & crackers				