

HMS Week One Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Main Course	Chicken Enchilada	Spaghetti Bolognese	Mince & Dumplings	Fish & Chips	Pork Korma with Rice and Naan Bread
Main Course	Mediterranean Pasta Bake	Fish Cakes	Sausage Roll	Breaded Chicken in a Bun	Pepperoni Pizza Baguette
Vegetarian Option	Vegetarian Goujons in a Wrap or Cheese Fajita	Vegetable Quarter Pounder in a Bun	Mexican Bean Wrap	Baked Cheese Roll	Cheese Pizza Baguette
An option of potatoes, rice, pasta or bread including seasonal vegetables are served daily with all main courses (Chips served on a Thursday)					
Pasta	Pasta served daily with a selection of Vegetarian/Vegan Sauces and Meat Sauces				
Jacket potatoes	Every day we provide freshly baked Jacket Potatoes with a selection of fillings and side salad. Cheese, Cheese and Beans, Beans, Tuna mayo				
Sandwiches	Selection of Sandwiches available daily				
Salad bar	A daily selection of salad items e.g. mixed salad, sliced peppers, carrot sticks, cucumber sticks coleslaw, pasta salad, potato salad, cous cous salad, etc.				
Dessert Option	Home made desserts of the day. Alternatively Fresh Fruit Pots, Selection of Yoghurts or a piece of Fresh Fruit are available as a healthy option.				

HMS Week Two Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Main Course	Chili Beef with Tortilla Chips	Homemade Lasagne	Chicken Pie served with potatoes and veg	Fish Fingers & chips	Pulled Pork Enchilada
Main course	Red Pesto Penne Pasta Served with Garlic Bread	Tuna Melt	Sweet Chili Chicken Wrap	Beef burger in a bun	Macaroni Cheese & Crusty Bread
Vegetarian option	Mozzarella Sticks in a Wrap	Cheese Melt or Quorn Curry & Rice	Vegan Sausage Roll	Vegetable Quiche	Loaded Cheesy Jacket Potato

An option of potatoes, rice, pasta or bread including seasonal vegetables are served daily with all main courses **(Chips served on a Thursday)**

Pasta	Pasta served with a selection of Vegetarian/Vegan & Meat Sauces				
Jacket potatoes	Every day we provide freshly Baked Jacket Potatoes with a Selection of Fillings and Side Salad. Cheese, Cheese and Beans, Beans, Tuna mayo				
Sandwiches	Selection of Sandwiches available Daily				
Salad bar	A daily selection of salad items e.g. mixed salad, sliced peppers, carrot sticks, cucumber sticks coleslaw, pasta salad, potato salad, cous cous salad, etc.				
Dessert Option	Home made desserts of the day. Alternatively Fresh Fruit Pots, Selection of Yoghurts or a piece of Fresh Fruit are available as a healthy option.				

HMS Week Three Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Main Course	Tex Mex Burrito	Pork Meatballs with Spaghetti	Roast Chicken & Yorkshire Pudding	Pepperoni Pizza & Chips	Chicken Curry served with Rice and Naan Bread
Main course	Green Pesto Pasta served with Garlic Bread	Ham & Cheese Paninis	Cod & Salmon Fishcake	Oven Baked Sausages	Chicken Goujons in a Wrap
Vegetarian option	Spicy Bean Burger in a Bun	Cheese Panini or Vegetable Curry & Rice	Vegetarian sausage served with Yorkshire pudding	Margherita Pizza	Vegetarian Chili with Tortilla Chips

An option of potatoes, rice, pasta or bread including seasonal vegetables are served daily with all main courses (**Chips served on a Thursday**)

Pasta	Pasta served with a Selection of Vegetarian/Vegan & Meat sauces				
Jacket potatoes	Every day we provide freshly baked Jacket Potatoes with a Selection of Fillings and side Salad. Cheese, Cheese and Beans, Beans, Tuna mayo				
Sandwiches	Selection of sandwiches available daily				
Salad bar	A daily selection of salad items e.g. mixed salad, sliced peppers, carrot sticks, cucumber sticks coleslaw, pasta salad, potato salad, cous cous salad, etc.				
Dessert Option	Home made desserts of the day. Alternatively Fresh Fruit Pots, Selection of Yoghurts or a piece of Fresh Fruit are available as a healthy option.				