



**WEEK ONE**

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

**MAINS**

<b>Tuna Pasta Bake</b> Baked Garlic Bread and Fresh Vegetables	<b>Beef &amp; Mushroom Pie</b> with Mashed Pots and Fresh Veg	<b>Roast Chicken &amp; Stuffing</b> with Roast Potatoes and Fresh Veg	<b>Sausages in Onion Gravy</b> Bologere Potatoes & fresh Veg	<b>Crisp Fish Cakes</b> Chips and Peas
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**VEGGIE**

<b>Quorn &amp; Sweet Pepper Pasta Bake</b> V Garlic Bread & Fresh Vegetables	<b>Vegetable Wellington V</b> With Mashed Pots and Fresh Veg	<b>Sweet Potato and Red Onion Roast V</b> With Roast Potas And Veg	<b>Quorn Sausages in Onion Gravy V</b> Mixed Garden Salad	<b>Spanish Omelette V</b> Chips & Peas
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**JACKETS**

Jacket Potato with Cheese & Beans	Jacket Potato with Tuna Mayonnaise	Jacket Potato With Beans	Jacket Potato with Tuna & Cheese	Jacket Potato with Cheese & Beans
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**Puds**  
HOT  
COLD

Apple Crumble or Fruit Yoghurt or Fresh Fruit	Fruit Mousse or Fruit Yoghurt or Fresh Fruit	Apricot Yoghurt Cake or Fruit Yoghurt or Fresh Fruit	Chocolate Chip Sponge or Fruit Yoghurt or Fresh Fruit	Rice Pudding or Fruit Yoghurt or Fresh Fruit
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WE ONLY SERVE FRESHLY COOKED MEATS TO ALL OUR CUSTOMERS. MOST OF OUR MEATS ARE ALL YEAR ROUND SUPPLIERS AND MATCH OUR EGGS AND MILK ARE FREE RANGE. OUR FISH IS CAUGHT FROM SUSTAINABLE STOCKS. TO FURTHER ENHANCE THE FOOD AND DRINK WE ONLY USE INGREDIENTS FROM THE SUPPLIER THAT SOURCE ALL LOCAL AS FAR AS WE CAN GET. WE ALSO USE THE LATEST EQUIPMENT AND PRODUCE GREAT TASTING FOODS. ALL OUR MEALS ARE SERVED WITH SEASONAL VEGETABLES, POTATOES OR SALAD AND INCLUDE EITHER A CHOICE OF HOT PUDDING, YOGHURT OR FRESH FRUIT SUBJECT TO AVAILABILITY. PLEASE SPEAK TO ONE OF OUR STAFF MEMBERS IF YOU HAVE ANY SPECIAL REQUIREMENTS. WE ARE HAPPY TO HELP WITH YOUR SPECIAL DIETARY NEEDS. ALL OF OUR FOOD IS PRODUCED WITH A COMMITMENT TO BE HEALTHY AND OTHER FOOD ALLERGENIC AND PRESENT, IF YOU HAVE A SPECIAL REQUIREMENT, PLEASE SPEAK TO ONE OF OUR STAFF MEMBERS WHO WILL BE HAPPY TO HELP WITH YOUR SPECIAL DIETARY NEEDS. ALL OF OUR FOOD IS PRODUCED WITH A COMMITMENT TO BE HEALTHY AND OTHER FOOD ALLERGENIC AND PRESENT, IF YOU HAVE A SPECIAL REQUIREMENT, PLEASE SPEAK TO ONE OF OUR STAFF MEMBERS WHO WILL BE HAPPY TO HELP WITH YOUR SPECIAL DIETARY NEEDS.

Revised Sept 2016

All Meals are served with Seasonal Vegetables, Potatoes or Salad and include either a choice of Hot Pudding, Yoghurt or Fresh Fruit subject to availability.





## WEEK TWO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### Pasta Bolognese

With Fresh Veg and Garlic Bread

### Mild Chicken Curry

Basmati Rice and Mini Naan Bread

### Roast Beef

Yorkshire Pudding, Vegetable, Potatoes & Gravy

### Suffolk Hot Pot

Seasonal Vegetable & Potatoes

### Salmon Fish Fingers

Chips and Peas

### Vegetable and Butterbean Bolognese V

Fresh Veg and Garlic Bread

### Lentil and Veg Pasanda V

Basmati Rice and Mini Samosa

### Quorn Fricasse V

Yorkshire Pudding Vegetables and Potatoes

### Three Bean Hot Pot V

Seasonal Vegetable & Potatoes

### Veggie Breaded Fingers V

with Chips and Peas

Jacket Potato with Cheese & Beans

Jacket Potato with Tuna Mayoniase

Jacket Potato With Beans

Jacket Potato with Tuna & Cheese

Jacket Potato with Cheese & Beans

Vanilla and Jam Sponge or

Fudge Whip or

Fruit Crumble or

Chocolate Pud and Choc Sauce or

Steamed Syrup Pudding or

Fruit Yoghurt or

Fruit Yoghurt or

Fruit Yoghurt or

Fruit Yoghurt or

Fruit Yoghurt or

Fresh Fruit

Fresh Fruit

Fresh Fruit

Fresh Fruit

Fresh Fruit

WE ONLY SERVE FOOD WE WOULD BE HAPPY TO EAT OURSELVES. MOST OF OUR MEAT IS RED TRACTOR ACCREDITED AND BRITISH. OUR EGGS AND MAYO ARE FREE RANGE. OUR FISH IS CAUGHT FROM SUSTAINABLE STOCKS. TO FURTHER REDUCE THE FOOD MILES, AMEY'S AIM IS TO PRODUCE OUR FOODS FROM ONE SUPPLIER THAT SOURCE AS LOCAL AS POSSIBLE. HOWEVER SOURCING THESE GREAT INGREDIENTS AND PRODUCING GREAT TASTING FOOD CAN ONLY BE BROUGHT TOGETHER BY OUR SKILLED AND TRAINED TEAMS. ALL OF OUR FOOD IS PRODUCED IN AN ENVIRONMENT WHERE NUTS AND OTHER FOOD ALLERGENS ARE PRESENT. IF YOU HAVE A DIETARY REQUIREMENTS PLEASE SPEAK TO ONE OF OUR TEAMS WHO WILL BE HAPPY TO HELP TO FIND SOMETHING SUITABLE. ALL OF OUR DISHES ARE FULLY COMPLIANT WITH THE NEW GOVERNMENT NUTRITIONAL GUIDELINES 2016 AND PRODUCED USING THE SMIFFION ANALYSIS SYSTEM. THANK YOU AND ENJOY.

Revised Sept 2016

All Meals are served with Seasonal Vegetables, Potatoes or Salad and include either a choice of Hot Pudding, Yoghurt or Fresh Fruit subject to availability.





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Shepherds Pie</b> Fresh Vegetables	<b>Turkey Pasta Medley</b> Fesh Veg & Garlic Bread	<b>Roast Gammon</b> Vegetable, Roast Potaotes, Stuffing & Gravy	<b>Meatballs in tomato Sauce</b> Seasonal Vegetables & Garlic Bread	<b>Oven Baked Battered Cod</b> Chips and Peas/Mushy
	<b>Gardeners Pie V</b> Fresh Vegetables	<b>Macaroni Cheese V</b> Fresh Veg & Garlic Bread	<b>Quorn &amp; Butterbean Loaf V</b> with Vegetables and Potatoes	<b>Neopolitan Spaghetti Meatballs V</b> Garlic Bread & Veg	<b>Seasonal Vegetable Pizza V</b> Chips and Peas/mushy
	Jacket Potato with Cheese & Beans	Jacket Potato with Tuna Mayoniase	Jacket Potato With Beans	Jacket Potato with Tuna & Cheese	Jacket Potato with Cheese & Beans
	Apple Cake or Fruit Yoghurt or Fresh Fruit	Strawberry Jelly or Fruit Yoghurt or Fresh Fruit	Fruit Shortbread or Fruit Yoghurt or Fresh Fruit	Pear Crumble or Fruit Yoghurt or Fresh Fruit	Banana Mousse or Fruit Yoghurt or Fresh Fruit

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## WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	<b>Beef Lasagna</b> Seasonal Veg & Garlic Bread	<b>Chicken &amp; Vegetable Stirfry</b> Rice	<b>Roast Turkey</b> Yorkshire Pudding, Vegetable, Potatoes & Gravy	<b>Sausage Casserole</b> Seasonal Vegetables & Mashed Potatoes	<b>Salmon Fish Cakes</b> Chips and Peas/Mushy Peas
VEGGIE	<b>Vegetable Lasagna V</b> Seasonal Veg & Garlic Bread	<b>Sweet &amp; Sour Quorn Noodles V</b> Vegetables	<b>Spinach, Tomato and Cheese Omelette V</b> Seasonal Veg and Potatoes	<b>Quorn and Red Kidney Bean Casserole V</b> Mashed Potato & Veg	<b>Cheese &amp; Onion Pastie V</b> Chips, Peas/Mushy Peas
JACKETS	Jacket Potato with Cheese & Beans	Jacket Potato with Tuna Mayoniase	Jacket Potato With Beans	Jacket Potato with Tuna & Cheese	Jacket Potato with Cheese & Beans
Puds	Orange and Lemon Sponge or	Strawberry Mousse or	Pear & Sultana Cake or	Lemon Pudding or	Fruit Muffin Cake or
	Fruit Yoghurt or Fresh Fruit	Fruit Yoghurt or Fresh Fruit	Fruit Yoghurt or Fresh Fruit	Fruit Yoghurt or Fresh Fruit	Fruit Yoghurt or Fresh Fruit

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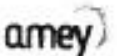
## WEEK FIVE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Minced Lamb Hot Pot</b> Parsley Potatoes & Seasonal Veg	<b>Salmon Macaroni Bake</b> Garlic Bread and Veg	<b>Roast Chicken</b> Stuffing, Vegetable, Potatoes & Gravy	<b>Beef Casserole &amp; Dumplings</b> With Veg & Mashed Potatoes	<b>Fish Fingers</b> Chips and Peas/mushy peas
	<b>Quorn and Vegetable Casserole V</b> Parsley Potato and Veg	<b>Tomato &amp; Red Onion Pasta V</b> With Garlic Bread and Vegetables	<b>Quorn and Bean Parcels V</b> Seasonal Veg and Potatoes	<b>Vegetable Casserole V</b> With Veg & Mashed Potatoes	<b>Vegetable Burger V</b> in a bun Chips and Salad
	<b>Jacket Potato with Cheese &amp; Beans</b>	<b>Jacket Potato with Tuna Mayoniase</b>	<b>Jacket Potato With Beans</b>	<b>Jacket Potato with Tuna &amp; Cheese</b>	<b>Jacket Potato with Cheese &amp; Beans</b>
	Pear & Chocolate Crumble or Fruit Yoghurt or Fresh Fruit	Orange Jelly or Fruit Yoghurt or Fresh Fruit	Apple Viennese or Fruit Yoghurt or Fresh Fruit	Strawberry Mousse or Fruit Yoghurt or Fresh Fruit	Chocolate Cake or Fruit Yoghurt or Fresh Fruit

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	<b>Chicken Korma</b> Rice and Vegetable	<b>Lamb and Leek Pie</b> Mashed Potato and vegetables	<b>Roast Beef</b> Vegetables, Roast Potatoes & Stuffing 'n' Gravy	<b>Turkey Casserole</b> Parsley Potatoes and Fresh Vegetables	<b>Infused Battered Fish</b> Chips and Peas/Mushy Peas
VEGGIE	<b>Spinach &amp; Potato Curry V</b> Rice and Veg	<b>Vegetable &amp; Chickpea Pie V</b> Mashed Potato and vegetables	<b>Roast Quorn Fillet V</b> Veg and Roast Pots	<b>Soya Meatballs in a creamy Sauce V</b> Parsley Potatoes and Fresh Vegetables	<b>Cheese &amp; Tomato Omelette V</b> Chips and Peas/Mushy Peas
JACKETS	Jacket Potato with Cheese & Beans	Jacket Potato with Tuna Mayoniase	Jacket Potato With Beans	Jacket Potato with Tuna & Cheese	Jacket Potato with Cheese & Beans
PUDS	Banana Cake or	Eve's Pudding or	Fudge Fruit Fool or	Pear Crumble or	Lemon Sponge or
	Fruit Yoghurt or Fresh Fruit	Fruit Yoghurt or Fresh Fruit	Fruit Yoghurt or Fresh Fruit	Fruit Yoghurt or Fresh Fruit	Fruit Yoghurt or Fresh Fruit

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