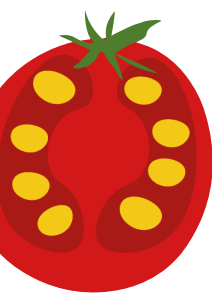
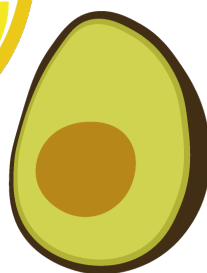
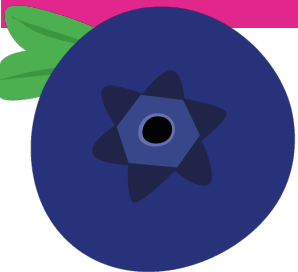


THE GOOD SHEPHERD MENU

WEEK 1



MONDAY

MAIN

Cowboy Pizza (Pork), Rainbow Rice & Sweetcorn
Cheese & Tomato Pizza, Rainbow Rice & Sweetcorn(V)

JACKET

Cheese, Baked Beans or Tuna Mayo Jacket Potato
with Side Salad

DESSERT

Fruity Mousse

TUESDAY

MAIN

Beef & Onion Pie, Mashed Potatoes & Broccoli
Cheese & Onion Lattice, Mashed Potatoes & Broccoli(V)

JACKET

Cheese, Baked Beans or Tuna Mayo Jacket Potato
with Side Salad

DESSERT

Ginger Cookie

WEDNESDAY

MAIN

Roast Turkey, Roast Potatoes, Sliced Carrots & Broccoli
Cauliflower Cheese Bake, Roast Potatoes,
Sliced Carrots & Broccoli(V)

JACKET

Cheese, Baked Beans or Tuna Mayo Jacket Potato
with Side Salad

DESSERT

Apple Crumble Cake

THURSDAY

MAIN

Brunch Lunch- Sausage, Bacon, Hash Brown & Baked Beans
Vegetarian Brunch Lunch- Vegetarian Sausage, Omelette,
Hash Brown & Baked Beans (V)

JACKET

Cheese, Baked Beans or Tuna Mayo Jacket Potato
with Side Salad

DESSERT

Melting Moment Cookie

FRIDAY

MAIN

Fish Fillet with Chips & Mushy Peas
Vegetarian Sausage Roll with Chips & Mushy Peas

JACKET

Cheese, Baked Beans or Tuna Mayo Jacket Potato
with Side Salad

DESSERT

Pear & Chocolate Sponge & Custard

WEEK 2

MONDAY

MAIN

Pork Meatballs in Tomato Sauce, Pasta Shells,
Garlic Bread & Peas
Tomato Pasta Bake, Garlic Bread & Peas (V)

JACKET

Cheese, Baked Beans or Tuna Mayo Jacket Potato
with Side Salad

DESSERT

Raspberry Mousse

TUESDAY

MAIN

BBQ Chicken Wrap, Herby Diced Potatoes with Side Salad
Cheese Sub, Herby Diced Potatoes with Side Salad (V)

JACKET

Cheese, Baked Beans or Tuna Mayo Jacket Potato
with Side Salad

DESSERT

Tempting Triangle Biscuit

WEDNESDAY

MAIN

Roast Gammon, Roast Potatoes, Sliced Carrots & Cabbage
Vegetarian Toad in the Hole, Roast Potatoes,
Sliced Carrots & Cabbage (V)

JACKET

Cheese, Baked Beans or Tuna Mayo Jacket Potato
with Side Salad

DESSERT

Jam & Coconut Sponge

THURSDAY

MAIN

Beef Lasagne, Garlic Bread & Peas
Vegetarian Lasagne, Garlic Bread & Peas (V)

JACKET

Cheese, Baked Beans or Tuna Mayo Jacket Potato
with Side Salad

DESSERT

Chocolate Brownie

FRIDAY

MAIN

Fish Fingers, Chips & Baked Beans
Cheese & Sweetcorn Omelette, Chips & Baked Beans (V)

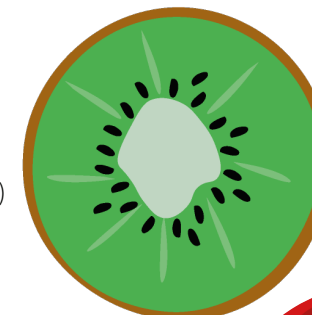
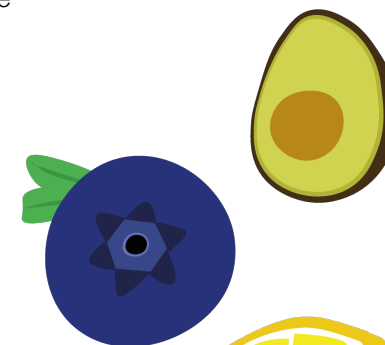
JACKET

Cheese, Baked Beans or Tuna Mayo Jacket Potato
with Side Salad

DESSERT

Toffee Apple Sponge & Custard

WEEK 3



MONDAY

MAIN

Beef Burger in a Bun, Herby Diced Potatoes & Side Salad
Vegetable Burger in a Bun, Herby Diced Potatoes
& Side Salad (V)

JACKET

Cheese, Baked Beans or Tuna Mayo Jacket Potato
with Side Salad

DESSERT

Flapjack

TUESDAY

MAIN

Cheesy BBQ Bacon Pasta, Garlic Bread & Peas
Macaroni Cheese, Garlic Bread & Peas (V)

JACKET

Cheese, Baked Beans or Tuna Mayo Jacket Potato
with Side Salad

DESSERT

Ice Cream

WEDNESDAY

MAIN

Pork Sausage, Mashed Potatoes, Yorkshire Pudding,
Sliced Carrots & Green Beans
Vegetarian Cottage Pie, Sliced Carrots & Green Beans (V)

JACKET

Cheese, Baked Beans or Tuna Mayo Jacket Potato
with Side Salad

DESSERT

Jelly & Fruit

THURSDAY

MAIN

Beef Bolognese with Noodles & Sweetcorn
Vegetarian Bolognese with Penne Pasta & Sweetcorn (V)

JACKET

Cheese, Baked Beans or Tuna Mayo Jacket Potato
with Side Salad

DESSERT

Chocolate Crunch

FRIDAY

MAIN

Fish Cake, Chips & Baked Beans
Vegetable Nuggets, Chips & Baked Beans (V)

JACKET

Cheese, Baked Beans or Tuna Mayo Jacket Potato
with Side Salad

DESSERT

Raspberry Oat Slice & Custard

WEEK 1 - 4/9, 25/9, 16/10, 6/11, 27/11, 18/12

WEEK 2- 11/9, 2/10, 13/11, 4/12

WEEK 3- 18/9, 9/10, 20/11, 11/12

Allergen Information: Menu descriptions may not list every individual ingredient. We are aware of the presence of allergens requiring labelling, so please ask a member of the catering team should you require any more details. Vegetarian options are indicated by the symbol (V).

COOMBS
CATERING PARTNERSHIP