

WEEK 1

SEPTEMBER 2020 REDUCED WEEKLY MENU

Incito

MONDAY

Cheese & Tomato Pizza & Seasoned Jacket Wedges
or Tomato & Basil Penne Pasta with Homemade Garlic & Focaccia Bread
served with Sweetcorn

Tropical Fruit Salad
or
Frozen Strawberry Yoghurt
with Shortbread Biscuit

Dessert

TUESDAY

BBQ Chicken Drumstick & White Rice
or Jacket Potato with Cheese
served with Coleslaw & Garden Peas

Fresh Melon & Pineapple Wedges
or
Organic Yoghurt

WEDNESDAY

Choice of Sausagés Chicken/Pork or Vegetarian with Mashed Potatoes
or Pasta Spirals in a Marinara Sauce & Homemade Bread
served with Baked Beans

Chocolate Cake with Custard
or
Fresh Fruit Salad

THURSDAY

Spaghetti Bolognese or Beef Jollof with Homemade Garlic Bread
or Vegetarian Bolognese or Vegetarian Jollof with Homemade Garlic Bread
served with Mixed Salad

Vanilla Ice Cream & Fruit Coulis
or
Organic Yoghurt

FRIDAY

Crispy Coated Fish Fillet with Chips
or Jacket Potato with Cheese
served with Garden Peas & Baked Beans

Sticky Toffee Pudding
& Whipped Cream
or
Fruit Salad



- Meat free option

WEEK 2

SEPTEMBER 2020 REDUCED WEEKLY MENU

Incito

MONDAY

Veggie Ball[®] Penne Pasta Bake & Homemade Bread
or Jacket Potato with Cheese
served with Italian Mixed Leaf Salad

Peaches & Ice Cream
or
Organic Yoghurt

Desert

TUESDAY

Cheese or Beefburger in a Bun with Tomato Ketchup & Seasoned Jacket Wedges
or Quorn Southern Style Burger in a Bun with Tomato Ketchup & Seasoned Jacket Wedges
served with Coleslaw

Chocolate Mousse
& St Clement's Cookie
or
Fresh Fruit Salad

WEDNESDAY

Honey Roast Gammon or Roast Turkey with Crispy Roast Potatoes & Gravy
or Vegetarian Sausage Turnover
served with Farmhouse Mixed Vegetables

Summer Berry Muffin Traybake
& Vanilla Custard
or
Organic Yoghurt

THURSDAY

Jerk Chicken Thigh with Mexican Rice
or Tomato & Basil Penne Pasta with Homemade Bread
served with Sweetcorn & Coleslaw

Fresh Melon & Pineapple Wedges
or
Organic Yoghurt

FRIDAY

Fish Fingers with Chips
or Cheese & Potato Whirls with Chips
served with Baked Beans & Garden Peas

Orange Drizzle Cake
with Vanilla Custard
or
Sliced Peaches

 - Meat free option

WEEK 3

SEPTEMBER 2020 REDUCED WEEKLY MENU

Incito

MONDAY

Cheese & Tomato Pizza & Seasoned Jacket Wedges
or Rice & Vegetable Bake
served with Sweetcorn

TUESDAY

Italian Beef Meatballs in a Sweet Tomato Sauce with Spaghetti & Homemade Bread
or Veggie Spaghetti Bolognese & Homemade Bread
served with Farmhouse Mixed Vegetables

WEDNESDAY

Roast Beef *or* Roast Chicken Drumstick with Roast Potatoes, Yorkshire Pudding & Gravy
or Macaroni Cheese
served with Fresh Spring Green Cabbage & Fresh Carrots

THURSDAY

Chicken Curry & Steamed Rice
or Homemade Chick Pea & Sweet Potato Samosa with Tomato & Red Onion Salsa & Steamed Rice
served with Lightly Spiced Cauliflower Florets & Garden Peas

FRIDAY

Crispy Coated Fish Fillet & Chips *or* Salmon & Broccoli Pasta Bake
or Cheese & Red Onion Flan
served with Sweetcorn & Baked Beans

Dessert

Raspberry Ripple Roll
or Fresh Fruit Salad

Mandarin Fruit Jelly
with Whipped Cream
or Fresh Water Melon Wedges

Peach Crumble with
Vanilla Custard
or Organic Yoghurt

Tutti Frutti Ice Lolly
or Fresh Fruit Salad

Chocolate Brownie
or Organic Yoghurt

 - Meat free option