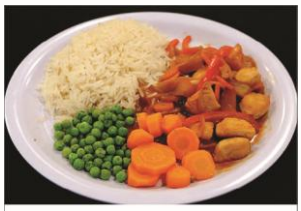
Amport - Week 1 Menu

Week commencing: 2nd November, 23rd November, 14th December, 11th January, 1st February

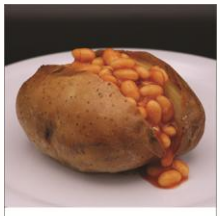
	MAIN MEAL	VEGETARIAN	JACKET POTATO / PASTA	DELI	DESSERT
MONDAY	 Crunchy Vegetable Fingers with Dry Roasted Potato Wedges and Seasonal Veg	 Pea & Mince Keema with Rice and Seasonal Veg	 Pasta with Tomato and Basil Sauce	 Sandwiches with your choice of Cheese, Ham or Tuna Mayonnaise filling	 Chocolate Cookie
TUESDAY	 Sweet & Sour Chicken with Rice and Seasonal Veg	 Tex-Mex Vegetable Enchilada with Rice and Seasonal Veg	 Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling	 Sandwiches with your choice of Cheese, Ham or Tuna Mayonnaise filling	 Banana Traybake with Custard
WEDNESDAY	 Roast Chicken served with Roast Potatoes, Seasonal Vegetables and Gravy	 Roast Quorn Fillet served with Roast Potatoes, Seasonal Vegetables and Gravy	 Pasta with Tomato and Basil Sauce	 Sandwiches with your choice of Cheese, Ham or Tuna Mayonnaise filling	 Jelly with Mandarins
THURSDAY	 Welsh Pork Sausages & Beans with Mashed Potato and Seasonal Veg	 Campfire Quorn Sausages & Beans with Mashed Potato and Seasonal Veg	 Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling	 Sandwiches with your choice of Cheese, Ham or Tuna Mayonnaise filling	 Pear & Chocolate Sponge
FRIDAY	 Fish Fingers or Salmon Fingers with Oven Chips, Garden Peas and Baked Beans	 Margherita Pizza with Oven Chips, Peas and Beans	 Pasta with Tomato and Basil Sauce	 Sandwiches with your choice of Cheese, Ham or Tuna Mayonnaise filling	 Fresh Fruit

All meals come with seasonal vegetables or salad of your choice.

*Some photos may depict different sides to those described.

Amport - Week 2 Menu

Week commencing: 9th November, 30th November, 21st December, 18th January, 8th February

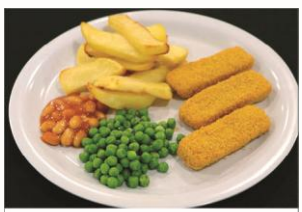
	MAIN MEAL	VEGETARIAN	JACKET POTATO / PASTA	DELI	DESSERT
MONDAY	 Vegan Sausage Roll served with Potato Wedges and Seasonal Vegetables	 Macaroni Cheese served with Seasonal Vegetables	 Pasta with Tomato and Basil Sauce	 Sandwiches with your choice of Cheese, Ham or Tuna Mayonnaise filling	 Lemon Sponge
TUESDAY	 Chicken Fajita with Rice and Seasonal Veg	 Rainbow Sweet & Sour Vegetables with Rice and Seasonal Veg	 Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling	 Sandwiches with your choice of Cheese, Ham or Tuna Mayonnaise filling	 Chocolate Shortbread
WEDNESDAY	 Roast Chicken served with Roast Potatoes, Seasonal Vegetables and Gravy	 Rich Sweet Potato & Lentil Wellington with Roast Potatoes, Gravy and Seasonal Veg	 Pasta with Tomato and Basil Sauce	 Sandwiches with your choice of Cheese, Ham or Tuna Mayonnaise filling	 Cheese & Crackers
THURSDAY	 Chicken & Bacon Pasta Carbonara with Warm Baguette and Seasonal Veg	 Hearty Pasta Bolognaise with Warm Baguette and Seasonal Veg	 Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling	 Sandwiches with your choice of Cheese, Ham or Tuna Mayonnaise filling	 Apple Crumble with Custard
FRIDAY	 Battered Fish with Oven Chips, Garden Peas and Baked Beans	 Margherita Pizza with Oven Chips, Peas and Beans	 Pasta with Tomato and Basil Sauce	 Sandwiches with your choice of Cheese, Ham or Tuna Mayonnaise filling	 Fresh Fruit

All meals come with seasonal vegetables or salad of your choice.

*Some photos may depict different sides to those described.

Amport- Week 3 Menu

Week commencing: 16th November, 7th December, 4th January, 25th January, 15th February

	MAIN MEAL	VEGETARIAN	JACKET POTATO / PASTA	DELI	DESSERT
MONDAY	 Cheese & Tomato Pinwheel with Dry Roasted Potato Wedges and Seasonal Veg	 Chinese-Style Egg Rice with Seasonal Veg	 Pasta with Tomato and Basil Sauce	 Sandwiches with your choice of Cheese, Ham or Tuna Mayonnaise filling	 Shortbread
TUESDAY	 Beef Burger in a Bun with Dry Roasted Potato Wedges and Seasonal Veg	 Victory Burger in a Bun with Dry Roasted Potato Wedges and Seasonal Veg	 Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling	 Sandwiches with your choice of Cheese, Ham or Tuna Mayonnaise filling	 Chocolate Brownie
WEDNESDAY	 Roast Chicken served with Roast Potatoes, Seasonal Vegetables and Gravy	 Classic Mince & Onion Pie with Roast Potatoes and Seasonal Veg	 Pasta with Tomato and Basil Sauce	 Sandwiches with your choice of Cheese, Ham or Tuna Mayonnaise filling	 Pineapple Upside Down Cake
THURSDAY	 Chicken Tikka Masala with Rice and Seasonal Veg	 Golden Chickpea Curry with Rice and Seasonal Veg	 Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling	 Sandwiches with your choice of Cheese, Ham or Tuna Mayonnaise filling	 Dutch Apple Pie with Custard
FRIDAY	 Fish Fingers or Salmon Fingers with Oven Chips, Garden Peas and Baked Beans	 Margherita Pizza with Oven Chips, Peas and Beans	 Pasta with Tomato and Basil Sauce	 Sandwiches with your choice of Cheese, Ham or Tuna Mayonnaise filling	 Fresh Fruit

All meals come with seasonal vegetables or salad of your choice.

*Some photos may depict different sides to those described.