

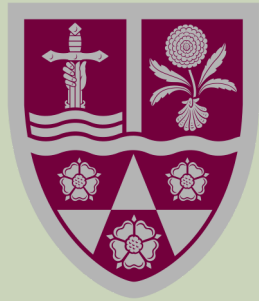
AKS Lytham

M E N U

Week 1



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
TUSCAN BEAN SOUP Homemade bread, toasted seeds, crispy onions & croutons		MUSHROOM & TARRAGON SOUP Homemade bread, toasted seeds, crispy onions & croutons		CREAMY VEGETABLE SOUP Homemade bread, toasted seeds, crispy onions & croutons		MEXICAN CHIPOTLE BEAN SOUP Homemade bread, toasted seeds, crispy onions & croutons		TOMATO SOUP Homemade bread, toasted seeds, crispy onions & croutons	
KATSU CHICKEN BREAST Sticky rice, Asian greens, prawn crackers		BEECHWOOD SMOKED FRANKFURTER HOT DOG OR VEGAN HOT DOG Slow cooked onions, house slaw, American mustard, ketchup		HONEY ROAST GAMMON Yorkshire pudding, roast potatoes, glazed carrots, green beans & gravy		BEEF BOLOGNESE PENNE Crunchy redslaw,garlic bread baked root vegetables		AKS CHICKEN GOUJONS OR MAC & CHEESE BITES Fries, garlic mayo, ketchup salad stack & baked beans	
TERIYAKI MUSHROOM & RED PEPPER BAO BUNS Toasted broccoli, mangetout & sweet chilli salad		SEA SALT BAKED NEW POTATOES (V) Sour cream & chives		CHEESE, ONION & POTATO PIE (V) Roast potatoes, glazed carrots, green beans & gravy		MUSHROOM & SPINACH CHEESY GNOCCHI (V) Crunchy redslaw, house focaccia, baked root vegetables		BATTERED FRESH FISH FILLET OR BREADED FISHFINGERS Chips, tartare sauce, mushy peas, baked beans. gravy & curry sauce	
BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads		STEAMED SWEETCORN		BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads		BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads		BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads	
TOFFEE APPLE CRUMBLE WITH VANILLA CUSTARD Apple, maple syrup & sultana yoghurt vegan strawberry jelly Fresh pineapple pot		COOKIES & VANILLA ICE CREAM Summer berry fruit yoghurt Vegan orange jelly Mixed grape pot		CHERRY FLAPJACK Strawberry yoghurt Vegan raspberry jelly Mixed melon pot		ROCKY ROAD Milk jelly Yoghurt & honey pot Mixed berry pot		BEETON MESS Mixed jellies Fruit salad Mixed yoghurts	
SALAD BAR Daily changing choice of mixed salads & cut vegetables with choice of dressings & accompaniments					DELI SANDWICH BAR Selection of sandwiches on various breads with choice of meat, fish & vegetarian fillings served with a bag of crisps				



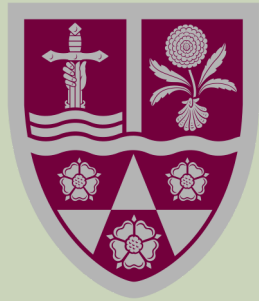
AKS Lytham

M E N U

Week 2



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div>LEEK & POTATO SOUP</div> <div>Homemade bread, toasted seeds, crispy onions & croutons</div>		<div>MINESTRONE SOUP</div> <div>Homemade bread, toasted seeds, crispy onions & croutons</div>		<div>SUPER FOOD GREENS & GINGER SOUP</div> <div>Homemade bread, toasted seeds, crispy onions & croutons</div>		<div>TOMATO, COURGETTE & PESTO SOUP</div> <div>Homemade bread, toasted seeds, crispy onions & croutons</div>		<div>SWEETCORN SOUP</div> <div>Homemade bread, toasted seeds, crispy onions & croutons</div>	
<div>PEPPERONI PIZZA OR CHEESE & TOMATO PIZZA</div> <div>Potato wedges, sweetorn & peas mixed salad</div>		<div>SLOW COOKED PORK CASSEROLE OR MAC & CHEESE</div> <div>Mash potatoes Green beans Sliced carrots</div>		<div>ROAST TURKEY</div> <div>Yorkshire pudding, roast potatoes, fresh cauliflower broccoli & gravy</div>		<div>CHICKEN TIKKA MASALA</div> <div>Mini naan, basmati rice, mango chutney, raita & bhaji</div>		<div>GRILLED CHICKEN BREAST OR GRILLED MARINATED VEGETABLE SKEWER</div> <div>Fries, fresh peas & mangetout & choice of sauces- gravy or plum tomato sauce</div>	
<div>BAKED POTATOES</div> <div>Plain or spiced jacket potatoes with baked beans, cheese & choice of salads</div>		<div>BAKED POTATOES</div> <div>Plain or spiced jacket potatoes with baked beans, cheese & choice of salads</div>		<div>ROAST SWEET POTATO & PULSE LOAF</div> <div>Yorkshire pudding, roast potatoes, fresh cauliflower broccoli & gravy</div>		<div>BANG BANG CAULIFLOWER (V)</div> <div>Mini naan, basmati rice, mango chutney, raita & bhaji</div>		<div>BATTERED FRESH FISH FILLET OR BREADED FISHFINGERS</div> <div>Chips, tartare sauce, mushy peas, baked beans. gravy & curry sauce</div>	
<div>PEAR & CHOCOLATE CRUMBLE WITH VANILLA CUSTARD</div> <div>Apple, maple syrup & sultana yoghurt vegan strawberry jelly Fresh pineapple pot</div>		<div>BLUEBERRY CAKE</div> <div>Summer berry fruit yoghurt Vegan orange jelly Mixed grape pot</div>		<div>BAKED POTATOES</div> <div>Plain or spiced jacket potatoes with baked beans, cheese & choice of salads</div>		<div>BAKED POTATOES</div> <div>Plain or spiced jacket potatoes with baked beans, cheese & choice of salads</div>		<div>BAKED POTATOES</div> <div>Plain or spiced jacket potatoes with baked beans, cheese & choice of salads</div>	
<div>CHOCOLATE CRUNCHY MOUSSE</div> <div>Strawberry yoghurt Vegan raspberry jelly Mixed melon pot</div>						<div>ICED JAM DOUGHNUT</div> <div>Milk jelly Yoghurt & honey pot Mixed berry pot</div>		<div>DOUBLE CHOCOLATE COOKIE</div> <div>Mixed jellies Fruit salad Mixed yoghurts</div>	
<div>SALAD BAR</div> <div>Daily changing choice of mixed salads & cut vegetables with choice of dressings & accompaniments</div>					<div>DELI SANDWICH BAR</div> <div>Selection of sandwiches on various breads with choice of meat, fish & vegetarian fillings served with a bag of crisps</div>				



AKS Lytham

M E N U

Week 3



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SWEET POTATO, LENTIL & COCONUT SOUP Homemade bread, toasted seeds, crispy onions & croutons</p> <p>ITALIAN MEATBALLS OR VEGE ALTERNATIVE (V) IN A PLUM TOMATO & BASIL SAUCE Penne pasta Cheesy foccacia tomato bruschetta toasted garlic olive oil broccoli</p> <p>BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads</p> <p>CHOCOLATE RICE CRISPY CAKE Apple, maple syrup & sultana yoghurt vegan strawberry jelly Fresh pineapple pot</p>	<p>BARLEY & VEGETABLE SOUP Homemade bread, toasted seeds, crispy onions & croutons</p> <p>CHICKEN GYRO PITTA OR FETA & SPINACH SPANAKOPITA (V) Shredded red cabbage Oregano tomatoes Tzatziki Garlic & lemon roast potatoes Fresh steamed vegetables</p> <p>BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads</p> <p>CHOCOLATE CHIP MUFFIN Summer berry fruit yoghurt Vegan orange jelly Mixed grape pot</p>	<p>BROCCOLI & STILTON SOUP Homemade bread, toasted seeds, crispy onions & croutons</p> <p>MEAT & POTATO PIE Mash or Lyonnaise potatoes with mushy peas or baked beans, buttered bread slice & gravy</p> <p>BUTTER PIE (V) Mash or Lyonnaise potatoes with mushy peas or baked beans, buttered bread slice & gravy</p> <p>BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads</p> <p>DELIAS SHORTBREAD Strawberry yoghurt Vegan raspberry jelly Mixed melon pot</p>	<p>BUTTERNUT SQUASH & SAGE SOUP Homemade bread, toasted seeds, crispy onions & croutons</p> <p>TERIYAKI PORK NOODLE STIR FRY TERIYAKI QUORN NOODLE STIR FRY (V) spicy mayo glazed veggie rolls Warm green bean, edamame & baked butternut squash salad</p> <p>BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads</p> <p>TREACLE SPONGE & CUSTARD Milk jelly Yoghurt & honey pot Mixed berry pot</p>	<p>PEA & WATERCRESS SOUP Homemade bread, toasted seeds, crispy onions & croutons</p> <p>SPICED HALLOUMI & GRILLED VEGGIE WRAP (V) Smoked chilli mayo fries Shredded salad Caesar dressing</p> <p>BATTERED FRESH FISH FILLET OR BREADED FISHFINGERS Chips, tartare sauce, mushy peas, baked beans. gravy & curry sauce</p> <p>BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads</p> <p>LEMON MERINGUE DESSERT POT Mixed jellies Fruit salad Mixed yoghurts</p>

SALAD BAR

Daily changing choice of mixed salads & cut vegetables with choice of dressings & accompaniments

DELI SANDWICH BAR

Selection of sandwiches on various breads with choice of meat, fish & vegetarian fillings served with a bag of crisps