

# Week 1

WEEK COMMENCING: 29TH OCT/ 19TH NOV/ 10TH DEC/ 7TH JAN/ 28TH JAN/ 25TH FEB/ 18TH MAR

## MONDAY

- Pork Sausage with Wedges & Gravy
- Quorn Sausage with Wedges & Gravy
- Jacket Potato with Cheese
- BBQ Chicken Strips in a Bun with Wedges
- Carrots
- Green Beans
- Chocolate & Banana Flapjack

## TUESDAY

- Beef Pasta Bolognese
- Broccoli, Cauliflower & Sweet Potato Mornay Bake
- Jacket Potato with Baked Beans
- Macaroni Cheese & Tomato Sauce
- Carrots
- Sweetcorn
- Sticky Toffee Pudding with Custard

## WEDNESDAY

- Roast Gammon with Roast Potatoes & Gravy
- Vegetable & Bean Chilli with Rice
- Jacket Potato with Tuna Mayo
- Chicken & Sweetcorn Pasta Bake
- Carrots
- Green Cabbage
- Ice Cream

## THURSDAY

- Meat Feast Pizza & Potato Salad
- Margherita Pizza & Potato Salad
- Jacket Potato with Salmon Mayo
- BBQ Beef Wrap
- Sweetcorn
- Vegetable Medley
- Peach Upside Down Sponge with Custard

## FRIDAY

- Fish Fingers & Chips
- Cheese & Onion Quiche with Chips
- Jacket Potato with Coleslaw
- Kheema Lamb Pasta
- Baked Beans
- Peas
- Orange Jelly with Mandarins

# Week 2

WEEK COMMENCING: 5TH NOV/ 26TH NOV/ 17TH DEC/ 14TH JAN/ 4TH FEB/ 4TH MAR/ 25TH MAR

## MONDAY

- Cottage Pie
- Chickpea & Vegetable Tagine with Cous Cous
- Jacket Potato with Tuna Mayo
- Chicken with Oriental Noodles
- Peas
- Red Cabbage
- Jam & Coconut Sponge

## TUESDAY

- Lemon & Garlic Chicken with Mash
- Vegetarian Sausage & Bean Casserole with Mash
- Jacket Potato with Cheese
- Pesto Pasta
- Carrots
- Green Beans
- Chocolate & Orange Brownie

## WEDNESDAY

- Roast Pork with Roast Potatoes & Gravy
- Pasta Primavera
- Jacket Potato with Coleslaw
- BBQ Beef Wrap
- Broccoli
- Roasted Vegetables
- Baked New York Cheese Cake

## THURSDAY

- BBQ Chicken Pizza & Potato Wedges
- Margherita Pizza & Potato Wedges
- Jacket Potato with Baked Beans
- Chicken Burrito
- Green Beans
- Sweetcorn
- Strawberry Jelly with Peaches

## FRIDAY

- Fish Fingers & Chips
- Cheese & Onion Pasty with Chips
- Jacket Potato with Coleslaw
- Tuna & Tomato Pasta Bake
- Baked Beans
- Peas
- Apple & Berry Crumble with Custard

# Week 3

WEEK COMMENCING: 12TH NOV/ 3RD DEC/ 21ST JAN/ 11TH FEB/ 11TH MAR/ 1ST APR

## MONDAY

- Chilli Con Carne with Rice
- Macaroni Cheese
- Jacket Potato with Coleslaw
- Chicken Chow Mein
- Broccoli
- Sweetcorn
- Mixed Berry Muffin

## TUESDAY

- Chicken Korma with Rice
- Vegetable Lasagne
- Jacket Potato with Baked Beans
- Macaroni Cheese & Tomato Sauce
- Peas
- Roasted Cauliflower
- Syrup Sponge with Custard

## WEDNESDAY

- Roast Turkey with Roast Potatoes & Gravy
- Vegetarian Pasta Bolognese
- Jacket Potato with Cheese
- Turkey Meatball Sub
- Carrot & Swede Mash
- Green Beans
- Lemon Shortbread

## THURSDAY

- Piri Piri Chicken Pizza & Potato Wedges
- Margherita Pizza & Potato Wedges
- Jacket Potato with Tuna Mayo
- Honey Chicken Thigh with Wedges
- Coleslaw
- Sweetcorn
- Apple Strudel with Custard

## FRIDAY

- Fish Fingers & Chips
- Vegetarian Hotdog with Chips
- Jacket Potato with Coleslaw
- Thai Vegetable Noodles
- Baked Beans
- Peas
- Toffee Apple Crumble with Custard

Option 1 ● Option 2 ● Option 3 ○ Option 4 ●

# The Guide to Goodness



Many of our homemade desserts contain at least 50% fruit!



The fish we serve is from well-managed and sustainable fisheries.



Over 75% of our dishes are made fresh on site today from fresh ingredients.



We use wholegrain flour and serve wholemeal bread.



Where possible we use ingredients sourced from local producers.

