

# Week 1

WEEK COMMENCING: 29TH OCT/ 19TH NOV/ 10TH DEC/ 7TH JAN/ 28TH JAN/ 18TH FEB/ 11TH MAR/ 1ST APR

## MONDAY

Chicken Sausages with Mash & Gravy

V Vegetarian Sausages with Mash & Gravy

Jacket Potato with Tuna Mayo Beans, V Cheese, V or Coleslaw V

Carrots  
Green Beans

Pear & Vanilla Sponge

## TUESDAY

Cajun Quorn Pizza

V Margherita Pizza

Jacket Potato with Tuna Mayo Beans, V Cheese, V or Coleslaw V

Sweetcorn  
Vegetable Medley

Lemon Drizzle Cake

## WEDNESDAY

Roast Chicken with Roast Potatoes & Gravy

V Vegetarian Strips with Roast Potatoes & Gravy

Carrots  
Green Cabbage

Peach Upside Down Sponge with Custard

## THURSDAY

Beef Pasta Bolognese

V Broccoli, Cauliflower & Sweet Potato Mornay Bake

V Neopolitan Pasta

Broccoli  
Sweetcorn

Sticky Toffee Pudding

## FRIDAY

Fish Fingers & Chips 

Vegetarian Burger with Chips

Baked Beans  
Peas

Chocolate Sponge with Chocolate Sauce

# Week 2

WEEK COMMENCING: 5TH NOV/ 26TH NOV/ 17TH DEC/ 14TH JAN/ 4TH FEB/ 25TH FEB/ 18TH MAR

## MONDAY

Beef Hot Pot with Mash

V Macaroni Cheese

Broccoli  
Sweetcorn

Fruit Salad

## TUESDAY

Red Onion & Sweetcorn Pizza

V Margherita Pizza

V Neopolitan Pasta

Carrots  
Sweetcorn

Berry Ripple Cake

## WEDNESDAY

Roast Turkey with Roast Potatoes & Gravy

V Cheese & Onion Quiche with New Potatoes

Carrot & Swede Mash  
Green Beans

Iced Bun

## THURSDAY

Chicken Korma with Rice

V Chickpea & Vegetable Curry with Rice

Jacket Potato with Tuna Mayo Beans, V Cheese, V or Coleslaw V

Peas  
Roasted Cauliflower

Toffee Apple Crumble

## FRIDAY

Salmon or White Fish Fingers & Chips 

Cheese & Leek Pasty with Chips

Jacket Potato with Tuna Mayo Beans, V Cheese, V or Coleslaw V

Baked Beans  
Peas

Fruity Flapjack

# Week 3

WEEK COMMENCING: 12TH NOV/ 3RD DEC/ 21ST JAN/ 11TH FEB/ 4TH MAR/ 25TH MAR

## MONDAY

Lemon & Garlic Chicken with Sweet Potato Mash

V Broccoli & Cheese Quiche with Sweet Potato Mash

Carrots  
Green Beans

Chocolate & Orange Brownie

## TUESDAY

Margherita Pizza

V Roasted Vegetable Pizza

V Neopolitan Pasta

Green Beans  
Sweetcorn

Banana Cake

## WEDNESDAY

Roast Chicken with Roast Potatoes & Gravy

V Pasta Primavera

Broccoli  
Roast Root Vegetables

Baked New York Cheesecake

## THURSDAY

Cottage Pie

V Vegetarian Savoury Mince with Mash & Gravy

Jacket Potato with Tuna Mayo Beans, V Cheese, V or Coleslaw V

Peas  
Red Cabbage & Sultanas

Custard Biscuit with Peaches

## FRIDAY

Fish Fingers & Chips 

V Vegetable & Cheese Crumble with Chips

Jacket Potato with Tuna Mayo Beans, V Cheese, V or Coleslaw V

Baked Beans  
Peas

Carrot Cake



## The Guide to Goodness

AT LEAST 50% FRUIT

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.

Whole Grain

We use wholegrain flour and serve wholemeal bread.



Where possible we use ingredients sourced from local producers.

