



WEEK 1 MENU

Weeks Commencing: 2nd November 23rd November 14th December 4th January
25th January 15th February 8th March 29th March

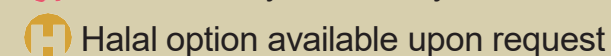
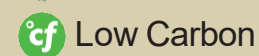
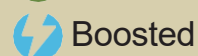
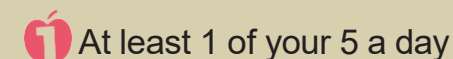
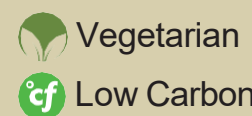
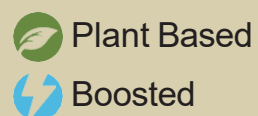
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet Chilli Stir Fry with Noodles  	Rich & Hearty Pasta Bake  	Baked Bean & Cheese Pastry with Roast Potatoes, Gravy & Yorkshire Pudding  	Little Heroes Lasagna with Garlic Bread  	Quorn Dippers with Chips & Ketchup 
Margherita or Sweetcorn Pizza with Garlic & Paprika Wedges 	Chicken & Veg Meatballs with Spaghetti  	Roast Chicken with Roast Potatoes, Gravy & Yorkshire Pudding 	Beef Lasagna with Garlic Bread  	Fish Fingers with Chips & Ketchup
Sweetcorn & Broccoli 	Cauliflower & Green Beans 	Carrots & Peas 	Sweetcorn & Broccoli 	Peas & Baked Beans 
Yoghurt Bar with Toppings	Vanilla & Peach Sponge 	Strawberry Jelly	Apple Crumble with Custard 	Chocolate & Beetroot Brownie 

Selection of Jacket Potato available daily



Low carbon meals have at least 38% lower carbon emissions than the average meal. Learn more about this calculation at www.eatcoolfood.org

Menu Key:





WEEK 2 MENU

Weeks Commencing: 9th November 30th November 21st December 11th January
1st February 22nd February 15th March 5th April

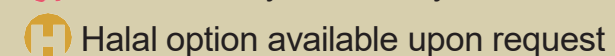
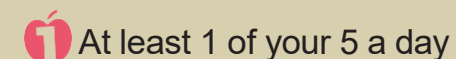
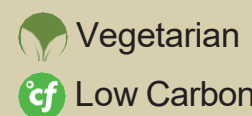
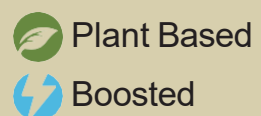
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato & Cheese Tart with Garlic & Herb Wedges 	Chef's Special Pasta Bolognese   	Quorn Sausage with Mashed Potato & Gravy 	Sweet Potato, Pepper & Coconut Curry with Rice   	Roasted Veggie & Bean Taco with Chips  
Margherita or Roasted Pepper Pizza with Garlic & Herb Wedges 	Beef Penne Bolognese  	Chicken Sausage with Mashed Potato & Gravy 	Chicken & Sweet Potato Curry with Rice  	Fish Fingers or Salmon Fish Fingers with Chips & Ketchup
Green Beans & Sweetcorn 	Carrots & Peas 	Carrots & Broccoli 	Roasted Root Veggies & Green Beans 	Baked Beans & Peas 
Fruity Flapjack 	Pear & Berry Crumble with Custard 	Yoghurt Bar with Toppings	Orange Jelly with Mandarins 	Lemon & Courgette Muffin

Selection of Jacket Potato available daily



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Menu Key:





WEEK 3 MENU

Weeks Commencing: 16th November 7th December 28th December 18th January
8th February 1st March 22nd March 12th April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mexican-style Chilli with Rice  	Falafel Burger with Mexican Rice & Ketchup 	Cheese & Onion Flan with Roast Potatoes & Gravy 	Creamy Macaroni Cheese 	Bean & Veggie Hotpot  
Margherita or Sweetcorn & Red Onion Pizza with Cajun Wedges 	Chicken Burger with Mexican Rice 	Roast Chicken with Roast Potatoes & Gravy 	Greek Style Beef Pasta Bake  	Chicken Goujons or Fish Fingers with Chips & Ketchup
Roasted Mediterranean Veggies & Sweetcorn 	Carrots & Peas 	Roasted Root Veggies & Green Beans 	Sweetcorn & Broccoli 	Peas & Baked Beans 
Pineapple Upside Down Cake 	Eve's Pudding with Custard 	Oat & Sultana Biscuit 	Yoghurt Bar with Toppings	Vanilla Ice Cream

Selection of Jacket Potato available daily



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Menu Key:

