

### **WEEK 1 MENU**

WEEKS: 03/11, 24/11, 15/12, 19/01, 09/02, 09/03



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Paprika Marinated Chicken served with Savoury Vegetable Cous Cous	Pork Sausage in a Crusty Bun served with Jacket Wedges, Crispy Salad Sticks & a Selection of Sauces	Beef Lasagne and Garllc & Herb Bread served with Seasonal Vegetables	Roast Chicken served with Potatoes, Yorkshire Pudding, Carrots, Cauliflower and Gravy	Fish Fingers or Salmon Fish Fingers served with Chips, Garden Peas or Baked Beans & Ketchup
MEAT FREE	Cheese & Tomato Swirl served with Savoury Vegetable Cous Cous	Quorn Sausage in a Crusty Bun served with Jacket Wedges, Crispy Salad Sticks & a Selection of Sauces	Vegetable Lasagne and Garlic & Herb Bread served with Seasonal Vegetables	Cheese & Potato Pie served with Yorkshire Pudding, Carrots, Cauliflower and Gravy	Vegetable Nuggets served with Chips, Garden Peas or Baked Beans & Ketchup
PASTA & JACKETS	Jacket Potato with Choice of Toppings served with Fresh Salad	Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad and Chunky Bread	Jacket Potato with Choice of Toppings served with Fresh Salad	Pasta Twists with Cheddar Cheese Sauce with Fresh Salad and Chunky Bread	Jacket Potato with Choice of Toppings served with Fresh Salad
DESSERTS	Choose One of Our Fabulous Desserts Lemon Drizzle Cake Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Jam & Coconut Sponge Fruit Yoghurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Cherry Cookie Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Chocolate Shortbread Fruit Yoghurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Vanilla Ice-cream & Fruit Sauce Fruity Jelly Fresh Fruit Pot



## **WEEK 2 MENU**

WEEKS: 10/11, 01/12, 05/01, 26/01, 23/02, 16/03



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Parmigiano Chicken Melt served with Baked Wedges, Peas & Sweetcorn	Chicken Curry & Rice served with Naan Bread & Crunchy Veg Sticks	Baked Sausage Roll served with New Potatoes & Spaghetti Hoops	Roast Gammon served with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding and Gravy	Breaded Fish Fingers served with Chips, Garden Peas or Baked Beans & Ketchup
MEAT FREE	Traditional Macaroni Cheese served with Wholemeal Garlic & Herb bread, Seasonal Vegetables	Vegetable Curry & Rice served with Naan Bread & Crunchy Veg Sticks	Baked Vegan Roll served with New Potatoes & Spaghetti Hoops	Quorn Sausage with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding and Gravy	Vegetable Spring Rolls served with Chips, Garden Peas or Baked Beans & Ketchup
PASTA & JACKETS	Jacket Potato with Choice of Toppings served with Fresh Salad	Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad and Chunky Bread	Jacket Potato with Choice of Toppings served with Fresh Salad	Pasta Twists with Cheddar Cheese Sauce with Fresh Salad and Chunky Bread	Jacket Potato with Choice of Toppings served with Fresh Salad
DESSERTS	Choose One of Our Fabulous Desserts Shortbread Fruit Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Jam Roly Poly Fruit Yoghurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Fruit Flapjack Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Fudge Tart Fruit Yoghurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Chocolate Brownie Fruity Jelly Fresh Fruit Pot

Making lunchtime the highlight of your day



## **WEEK 3 MENU**

WEEKS: 17/11, 08/12, 12/01, 02/02, 02/03, 23/03



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Meat Wholemeal
Pizza served with
Baked Baby Potatoes,
Peas & Sweetcorn

MONDAY

BBQ Chicken served
with
Potatoes Wedges &
Seasonal Vegetables

**TUESDAY** 

Beef Bolognese served with Spaghetti, Wholemeal Garlic & Herb bread, Seasonal Vegetables

WEDNESDAY

Sausage Roast served with Potatoes, Carrots, Cabbage, Yorkshire Pudding and Gravy

**THURSDAY** 

Breaded Fish Fillet served with Chips, Garden Peas or Baked Beans & Ketchup

**FRIDAY** 

#### MEAT FREE

Margherita
Wholemeal Pizza
served with
Baked Baby Potatoes,
Peas & Sweetcorn

Quorn Fillet in a BBQ Sauce served with Potatoes Wedges & Seasonal Vegetable Plant Based Bolognese served with Spaghetti, Wholemeal Garlic & Herb bread, Seasonal Vegetables Vegetarian Sausage Roast served with Potatoes, Carrots, Cabbage, Yorkshire Pudding and Gravy Cheese, Onion &
Mixed Pepper Roll
served with Chips,
Garden Peas or
Baked Beans & Ketchup

# PASTA & JACKETS

Jacket Potato with Choice of Toppings served with Fresh Salad Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad and Chunky Bread Jacket Potato with Choice of Toppings served with Fresh Salad Pasta Twists with Cheddar Cheese Sauce with Fresh Salad and Chunky Bread Jacket Potato with Choice of Toppings served with Fresh Salad

#### **DESSERTS**

Choose One of Our Fabulous Desserts Sprinkle Cookie Fruity Jelly Fresh Fruit Pot Choose One of Our Fabulous Desserts Syrup Sponge & Custard Fruit Yoghurt & Coulis Fresh Fruit Pot Choose One of Our Fabulous Desserts Chocolate Mousse with Orange Wedge Fruity Jelly Fresh Fruit Pot Choose One of Our Fabulous Desserts Carrot Cake Fruit Yoghurt & Coulis Fresh Fruit Pot Choose One of Our Fabulous Desserts Iced Sponge Fruity Jelly Fresh Fruit Pot