

Week One

Monday

Choose From

- Margherita Pizza
- Cheese & Tomato Quiche
- Jacket Potato with a choice of Tuna, Cheese, Beans or Coleslaw

On the Side

- Seasonal Vegetables
- **Something Sweet**
Pear Upside Down Cake & Custard

Main Meal Options

- Meat or Fish
- Halal Option
- Vegetarian
- Alternative Option

UNLIMITED ACCESS TO OUR SALAD BAR WITH 3 TO 6 ITEMS TO CHOOSE FROM AVAILABLE DAILY

Tuesday

Choose From

- Shepherd's Pie
- Cheesy Pasta
- Jacket Potato with a choice of Salmon, Cheese, Beans or Coleslaw

On the Side

- Seasonal Vegetables
- **Something Sweet**
Fruit Fool with Shortbread

Yeo Valley
Our Yeo Valley yoghurts are **ORGANIC!** We love Yeo because they support **BRITISH** farmers and local wildlife.

DON'T FANCY THE DESSERT ON THE MENU? CHOOSE FROM A SELECTION OF FRESH FRUIT & ORGANIC YOGHURTS

Wednesday

Choose From

- Roast Beef served with Roast Potatoes
- Vegetable & Butterbean Medley in Tomato Sauce with Yorkshire Pudding
- Jacket Potato with a choice of Tuna, Cheese, Beans or Coleslaw

On the Side

- Seasonal Vegetables
- **Something Sweet**
Orange & Carrot Muffin

Thursday

Choose From

- Spanish Chicken with Pasta
- Roasted Vegetable Lasagne
- Jacket Potato with a choice of Tuna, Cheese, Beans or Coleslaw

On the Side

- Seasonal Vegetables
- **Something Sweet**
Chocolate & Banana Brownie

Friday

Choose From

- Fish Fingers with Chips
- Roast Vegetable Strips with Chips
- Jacket Potato with a choice of Tuna, Cheese, Beans or Coleslaw

On the Side

- Seasonal Vegetables
- **Something Sweet**
Lemon Cake with Vanilla Topping

All of our fish is **SUSTAINABLY SOURCED!**

WEEK COMMENCING:
2ND NOV, 23RD NOV, 14TH DEC,
18TH JAN, 15TH FEB, 7TH MAR

CERTIFIED SUSTAINABLE SEAFOOD MSC
www.msc.org

Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

MSC-C-50236

Week Two

Monday

Choose From

- Ham & Cheese Pizza
- Vegetable Bolognese with Penne Pasta & Garlic Dough Balls
- Jacket Potato with a choice of Salmon, Tuna, Cheese, Beans or Coleslaw

On the Side

- Seasonal Vegetables
- **Something Sweet**
Chocolate Marble Cake with Chocolate Sauce

Tuesday

Choose From

- Crispy Chicken Strip Wrap with Potato Wedges
- Mexican Rice Wrap
- Jacket Potato with a choice of Tuna, Cheese, Beans or Coleslaw

On the Side

- Seasonal Vegetables
- **Something Sweet**
Mixed Berry Sponge with Custard

Wednesday

Choose From

- Roast Pork & Gravy served with Roast Potatoes
- Quorn Sausage & Gravy with Roast Potatoes
- Jacket Potato with a choice of Tuna, Cheese, Beans or Coleslaw

On the Side

- Seasonal Vegetables
- **Something Sweet**
Banana Muffin

Thursday

Choose From

- Beef Meatballs in Bolognese Sauce
- Roasted Vegetable Pasta
- Jacket Potato with a choice of Tuna, Cheese, Beans or Coleslaw

On the Side

- Seasonal Vegetables
- **Something Sweet**
Flapjack with Apple

Friday

Choose From

- Battered Fish with Chips
- Vegetable Burger with Chips
- Jacket Potato with a choice of Tuna, Cheese, Beans or Coleslaw

On the Side

- Seasonal Vegetables
- **Something Sweet**
Fresh Fruit & Ice Cream

We think that **BRITISH SEASONAL** food is fresh, tasty and nutritious. Some of our favourites this season are carrots, cabbage, onions, cauliflower, swede & beetroot!

WEEK COMMENCING:
9TH NOV, 30TH NOV, 4TH JAN,
25TH JAN, 22ND FEB, 14TH MAR

Week Three

Monday

Choose From

- Cottage Pie
- Jamaican Rice & Pea Burrito
- Jacket Potato with a choice of Tuna, Cheese, Beans or Coleslaw

On the Side

- Seasonal Vegetables
- **Something Sweet**
Chocolate & Pear Pudding with Custard

Tuesday

Choose From

- Pork Sausage with Mashed Potato
- Butternut Pasta Bake with Garlic Bread
- Jacket Potato with a choice of Tuna, Cheese, Beans or Coleslaw

On the Side

- Seasonal Vegetables
- **Something Sweet**
Chocolate Rice Pudding

Wednesday

Choose From

- Roast Chicken Breast served with New Potatoes
- Vegetable Quorn Chilli
- Jacket Potato with a choice of Tuna, Cheese, Beans or Coleslaw

On the Side

- Seasonal Vegetables
- **Something Sweet**
Fresh Fruit & Custard

Thursday

Choose From

- Beef Spaghetti Bolognese
- Quorn Spaghetti Bolognese
- Jacket Potato with a choice of Tuna, Cheese, Beans or Coleslaw

On the Side

- Seasonal Vegetables
- **Something Sweet**
Lemon Muffin with Lemon Curd

Friday

Choose From

- Fish Fingers with Chips
- Baked Mozzarella, Tomato & Basil Melt
- Jacket Potato with a choice of Tuna, Cheese, Beans or Coleslaw

On the Side

- Seasonal Vegetables
- **Something Sweet**
Jelly & Pineapple

WEEK COMMENCING:
16TH NOV, 7TH DEC, 11TH JAN,
1ST FEB, 29TH FEB

CHILLED DRINKING WATER IS ALWAYS AVAILABLE

EGGS
All of our eggs are **FREE RANGE**. We use them in lots of our cakes, quiches and other homemade dishes!

All our meat is **UK FARM ASSURED**

