

week 1

7th Sept, 28th Sept, 19th Oct,
16th Nov, 7th Dec, 11th Jan, 1st Feb

Monday	
MAIN MEAL MEAT	Chicken Casserole with Sweetcorn Dumplings
MAIN MEAL VEGETARIAN	Macaroni Cheese Bake
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Peach Melba
Tuesday	
MAIN MEAL MEAT	Meatballs in Tomato Sauce with Pasta
MAIN MEAL VEGETARIAN	Sweet Potato & Lentil Curry served with Rice
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Butternut Cake & Custard
Wednesday	
MAIN MEAL MEAT	Roast Pork with Apple Sauce, Roast Potatoes & Gravy
MAIN MEAL VEGETARIAN	Tomato, Cheddar & Basil Quiche with Potato Wedges
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Apple Flapjack
Thursday	
MAIN MEAL MEAT	Chicken Korma with Rice & Mini Naan
MAIN MEAL VEGETARIAN	Vegetarian Bolognese
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Peaches & Rice Pudding
Friday	
MAIN MEAL MEAT	Classic Battered Fish served with Chips
MAIN MEAL VEGETARIAN	Red Onion Pizza served with Chips
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Pineapple Upsidedown Cake

week 2

14th Sept, 5th Oct, 2nd Nov, 23rd Nov,
14th Dec, 18th Jan, 8th Feb

Monday	
MAIN MEAL MEAT	Beef Burger in a Bun with Potato Wedges
MAIN MEAL VEGETARIAN	Pasta with Ratatouille and Grated Cheese
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Fruit Salad & Ice Cream
Tuesday	
MAIN MEAL MEAT	Sausages in Onion Gravy served with Fluffy Mashed Potatoes
MAIN MEAL VEGETARIAN	Quorn Sausages in an Onion Gravy with Fluffy Mashed Potatoes
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Steamed Chocolate Sponge & Chocolate Sauce
Wednesday	
MAIN MEAL MEAT	Roast Chicken served with Roast Potatoes,
MAIN MEAL VEGETARIAN	Vegetable & Cheese Medley
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Apple Pie & Custard
Thursday	
MAIN MEAL MEAT	Beef Lasagne
MAIN MEAL VEGETARIAN	Quorn Burrito
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Strawberry Cheesecake
Friday	
MAIN MEAL MEAT	Classic Battered Fish served with Chips
MAIN MEAL VEGETARIAN	Margherita Pizza served with Chips
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Chocolate & Beetroot Brownie

week 3

21st Sept, 12th Oct, 9th Nov, 30th Nov,
4th Jan, 25th Jan

Monday	
MAIN MEAL MEAT	Beef Bolognese
MAIN MEAL VEGETARIAN	Quorn & Vegetable Chilli with Tortilla & Salsa
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Berry & Cream Cheese Muffin
Tuesday	
MAIN MEAL MEAT	Chicken Fajitas with Rice
MAIN MEAL VEGETARIAN	Roasted Vegetable Burrito
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Fruit Fool with Shortbread
Wednesday	
MAIN MEAL MEAT	Roast Gammon, Roast Potatoes Yorkshire Pudding & Onion Gravy
MAIN MEAL VEGETARIAN	Cheesy Leek Potato Boats
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Peach & Pear Crumble & Custard
Thursday	
MAIN MEAL MEAT	Chicken & Leek Pie served with Mashed Potatoes
MAIN MEAL VEGETARIAN	Vegetable Pizza
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Chocolate Muffin
Friday	
MAIN MEAL MEAT	Classic Battered Fish served with Chips
MAIN MEAL VEGETARIAN	Spicy Bean Burger served with Chips
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Madeleine Sponge & Custard

The following are available daily:

Selection of Sandwiches, Wraps, Baguettes and Salad Pots
Jacket Potatoes and Hot Pots
Alternative Desserts and Fresh Fruit
Selection of Yoghurts

