

# Week One

Monday

**Choose From**

- Lamb Pasta Bolognese
- Vegetable & Lentil Pasta Bolognese
- Jacket Potato topped with Tuna Mayo & Sweetcorn

**On the Side**

Green Beans & Carrots

**Something Sweet**

Fresh Fruit Salad

Tuesday

**Choose From**

- Chicken Fajitas
- Quorn Stir Fry with Rice
- Jacket Potato & Coleslaw

**On the Side**

Cauliflower & Sweetcorn

**Something Sweet**

Chocolate Sponge Cake

Wednesday

**Choose From**

- Roast Chicken Breast with Gravy & Roast Potatoes
- Vegetable & Butter Bean Risotto
- Jacket Potato topped with Egg Mayonnaise

**On the Side**

Carrots & Leeks & Green Beans

**Something Sweet**

Apple Crumble & Soya Custard

Thursday

**Choose From**

- Roasted Vegetable Pasta Bake
- Sweet & Sour Vegetables served with Rice
- Jacket Potato topped with Honey Roasted Root Vegetables

**MEAT FREE THURSDAY**

**On the Side**

Roasted Carrots & Honey Roasted Parsnips

**Something Sweet**

Plain Flapjack

Friday

**Choose From**

- Fish Fingers served with Chips
- Vegetarian Sausage served with Chips
- Jacket Potato topped with Baked Beans

**On the Side**

Baked Beans & Peas

**Something Sweet**

Parsnip & Marmalade Cake

**Main Meal Options**

- Meat
- Vegetarian
- Alternative

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

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

All of our fish is SUSTAINABLY SOURCED!

WEEK COMMENCING: NOV 2ND, NOV 23RD, DEC 14TH, JAN 11TH, FEB 1ST, FEB 29TH, MARCH 21ST



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**

- Chicken Sausage with Gravy & Mashed Potato
- Vegetarian Sausage Roll & Mashed Potato
- Jacket Potato topped with Ratatouille

**On the Side**

Peas & Carrots

**Something Sweet**

Ice Cream

Tuesday

**Choose From**

- Chicken & Sweetcorn Potato topped Pie
- Vegetable Tagine served with Rice
- Jacket Potato topped with Quorn Chilli

**On the Side**

Broccoli & Cauliflower

**Something Sweet**

Soya Chocolate & Banana Upside-down Sponge & Soya Custard

Wednesday

**Choose From**

- Roast Turkey & Gravy served with Roast Potatoes
- Quorn & Vegetable Enchiladas
- Jacket Potato topped with Tuna Mayonnaise

**On the Side**

Roasted Carrots & Green Beans

**Something Sweet**

Apple Pie & Soya Custard

Thursday

**Choose From**

- Quorn & Vegetable Stir Fry
- Winter Vegetable Pasta Bake
- Jacket Potato topped with Coleslaw

**MEAT FREE THURSDAY**

**On the Side**

Corn on the Cob & Honey Roast Root Vegetables

**Something Sweet**

Oat & Raisin Cookie

Friday

**Choose From**

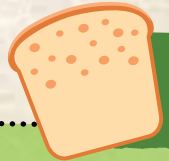
- Breaded White Fish served with Chips
- Homemade Vegetable Burger
- Jacket Potato topped with Baked Beans

**On the Side**

Baked Beans & Peas

**Something Sweet**

Orange & Carrot Muffin



A DAILY CHOICE OF FRESH WHOLEMEAL & ORGANIC WHITE CRUSTY BREAD

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: NOV 9TH, NOV 30TH, DEC 22ND, JAN 18TH, FEB 8TH, MARCH 7TH

# Week Three

Monday

**Choose From**

- BBQ Chicken served with Potato Wedges
- Butternut Squash Risotto
- Jacket Potato topped with Tuna Mayonnaise

**On the Side**

Carrots & Sweetcorn

**Something Sweet**

Chocolate & Beetroot Brownie

Tuesday

**Choose From**

- Shepherd's Pie
- Vegetarian Sausage with Gravy & Mashed Potato
- Jacket Potato topped with Coleslaw

**On the Side**

Cauliflower & Green Beans

**Something Sweet**

Soya Rice Pudding

Wednesday

**Choose From**

- Roast Chicken Breast & Gravy served with Roast Potatoes
- Roasted Vegetable & Bean Wrap
- Jacket Potato topped with Egg Mayonnaise

**On the Side**

Broccoli & Carrots

**Something Sweet**

Peach Crumble & Soya Custard

Thursday

**Choose From**

- Jacket Potato topped with Salmon Mayonnaise
- Vegetable Tikka Masala served with Rice
- Jacket Potato topped with Winter Slaw

**On the Side**

Winter Slaw & Sweetcorn

**Something Sweet**

Banana & Soya Custard

Friday

**Choose From**

- Fish Fingers served with Chips
- Sticky Quorn Sausage served with Chips
- Jacket Potato topped with Baked Beans

**On the Side**

Baked Beans & Peas

**Something Sweet**

Fresh Fruit Salad

WEEK COMMENCING: NOV 16TH, DEC 7TH, JAN 4TH, JAN 25TH, FEB 22ND, MARCH 14TH



CHILLED DRINKING WATER IS ALWAYS AVAILABLE



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**

