

# Week One

WEEK COMMENCING: 29 AUG, 19 SEP, 10 OCT, 7 NOV, 28 NOV, 19 DEC, 2 JAN, 23 JAN, 20 FEB, 13 MAR

## Monday

Beef Burgers ● <i>Classic burger patty served with potato wedges</i>	Peas & Sweetcorn
Vegetable Jambalaya ● <i>Mixed vegetables, chickpeas &amp; wholegrain rice</i>	
Jacket Potato with BBQ Beans ● <i>Oven baked potato topped with barbecue beans</i>	Kosher Ice Cream

## Tuesday

Roast Chicken ● <i>Chicken breast served with gravy &amp; roast potatoes</i>	White Cabbage & Carrot & Swede Mash
Winter Vegetable Quiche ● <i>Mixed winter vegetables in a pastry base</i>	
Jacket Potato with Salmon Mayonnaise ● <i>Oven baked potato topped with lightly dressed salmon</i>	Apple Crumble & Soya Custard

## Wednesday

Chicken Pasta Bake ● <i>Chicken, sweetcorn &amp; pasta in a soya béchamel sauce</i>	Peas & Sweetcorn
Quorn Stir Fry ● <i>Crisp mixed vegetables &amp; Quorn pieces with rice</i>	
Jacket Potato with Coleslaw ● <i>Oven baked potato with lightly dressed coleslaw</i>	Chocolate & Banana Brownie

## Thursday

Roast Turkey ● <i>Served with gravy &amp; boiled potatoes</i>	Carrots & Cauliflower
Vegetable Pasta Bake ● <i>Roasted mixed vegetables baked with pasta</i>	
Jacket Potato with Egg Mayonnaise ● <i>Oven baked potato topped with free range egg mayo</i>	Jelly & Mandarins

## Friday

Fish Fingers ● <i>Baked fish fillet fingers with oven chips</i>	Baked Beans & Peas
Vegetable Burger ● <i>Homemade vegetarian burger with oven chips</i>	
Jacket Potato with Ratatouille ● <i>Oven baked potato with vegetables in tomato sauce</i>	Flapjack

# Week Two

WEEK COMMENCING: 5 SEP, 26 SEP, 17 OCT, 14 NOV, 5 DEC, 9 JAN, 30 JAN, 27 FEB, 20 MAR

## Monday

Spaghetti Bolognese ● <i>Beef mince in bolognese sauce with spaghetti</i>	Green Beans & Carrots
Vegetarian Spaghetti Bolognese ● <i>Quorn mince in bolognese sauce with spaghetti</i>	
Jacket Potato with BBQ Beans ● <i>Oven baked potato topped with barbecue beans</i>	Fresh Fruit Salad

## Tuesday

Roast Turkey ● <i>Served with gravy &amp; roast potatoes</i>	Cauliflower & Broccoli
Vegetable Wrap ● <i>Roasted vegetables &amp; beans in a tortilla wrap</i>	
Jacket Potato with Tuna Mayonnaise ● <i>Oven baked potato topped with lightly dressed tuna</i>	Peach Crumble & Soya Custard

## Wednesday

Chicken Sausages ● <i>Served with mashed potato &amp; gravy</i>	Green Beans & Sweetcorn
Vegetarian Sausages ● <i>Served with Yorkshire pudding, mashed potato &amp; gravy</i>	
Jacket Potato with Coleslaw ● <i>Oven baked potato with lightly dressed coleslaw</i>	Lemon Shortbread

## Thursday

Roast Chicken Breast ● <i>Served with gravy &amp; new potatoes</i>	Green Cabbage & Carrot & Swede Mash
Vegetable Chow Mein ● <i>Crisp stir fried mixed vegetables &amp; noodles</i>	
Jacket Potato with Egg Mayonnaise ● <i>Oven baked potato topped with free range egg mayo</i>	Apple Pie & Soya Custard

## Friday

Fish Fingers ● <i>Baked fish fillet fingers with oven chips</i>	Baked Beans & Peas
Neapolitan Pasta ● <i>Pasta with beans &amp; vegetables in tomato sauce</i>	
Jacket Potato with Ratatouille ● <i>Oven baked potato with vegetables in tomato sauce</i>	Carrot Cake

# Week Three

WEEK COMMENCING: 12 SEP, 3 OCT, 31 OCT, 21 NOV, 12 DEC, 16 JAN, 6 FEB, 6 MAR, 27 MAR

## Monday

BBQ Chicken ● <i>Chicken in homemade BBQ sauce with Cajun wedges</i>	Peas & Sweetcorn
Butternut Squash Risotto ● <i>Roasted butternut squash cooked with rice</i>	
Jacket Potato with BBQ Beans ● <i>Oven baked potato topped with barbecue beans</i>	Chocolate & Beetroot Brownie

## Tuesday

Roast Chicken Breast ● <i>Served with gravy &amp; mashed potatoes</i>	Green Cabbage & Carrot & Swede Mash
Vegetable Chilli ● <i>Vegetable &amp; bean chilli with wholegrain rice</i>	
Jacket Potato with Tuna Mayonnaise ● <i>Oven baked potato topped with lightly dressed tuna</i>	Jelly & Pineapple

## Wednesday

Beef Keema ● <i>Lightly spiced beef served with pasta</i>	Green Beans & Carrots
Vegetable Pasta Bake ● <i>Roasted mixed vegetables baked with pasta</i>	
Jacket Potato with Coleslaw ● <i>Oven baked potato with lightly dressed coleslaw</i>	Banana & Soya Custard

## Thursday

Roast Beef ● <i>Served with gravy &amp; roast potatoes</i>	Sweetcorn & Cauliflower
Vegetable Hotpot ● <i>Winter vegetable &amp; kidney bean hotpot</i>	
Jacket Potato with Egg Mayonnaise ● <i>Oven baked potato topped with free range egg mayo</i>	Parsnip Marmalade Cake

## Friday

Fish Fingers ● <i>Baked fish fillet fingers with oven chips</i>	Baked Beans & Peas
Vegetarian Sausage Roll ● <i>Vegetarian sausage wrapped in pastry &amp; oven chips</i>	
Jacket Potato with Ratatouille ● <i>Oven baked potato with vegetables in tomato sauce</i>	Fruit Salad with Honey Yoghurt

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



CHILLED DRINKING WATER IS ALWAYS AVAILABLE



All our meat is UK FARM ASSURED



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



A DAILY CHOICE OF FRESH WHOLEMEAL & ORGANIC WHITE CRUSTY BREAD

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

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

EGGS

Main Meal Options  
● Meat  
● Vegetarian  
● Alternative

