

WEEK 1





Tuesday

Wednesday

**Roast Chicken** 

**Yorkshire Puddings** 

**Roast Potatoes** 

**Thursday** 

Mince and

**Dumplings** 

**New Potatoes** 

Risotto with Homemade

**Garlic Bread** 

**Friday** 

Chicken Goujons with

**Potato Wedges** 

**Quorn Bites with** 

Potato

Wedges V

**Hot Main** Dish

**Alternative** Dish

> **Third** Choice

Salads

**Deli Choice** 

**Vegetables** 

**Desserts** 

Meatballs Mashed Potato Gravy Cheese Wrap \*\* **Vegetable Sticks** 

**Monday** 

Pasta Carbonara

All Day Breakfast with Bacon **Potato Wedges** All Day Breakfast with Veggie Sausage

Potato Wedges

**Jacket Potato** With Baked Beans

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Gravy Vegetable Pie **Roast Potatoes** Gravy

Tomato Pasta



**Jacket Potato with Cheesy Coleslaw** 

**Macaroni Cheese** 



**Fresh Salads** 

Including Lettuce, Cucumber, Tomato, Grated Carrot & Mixed Salads



Freshly made Sandwiches, Rolls & Wraps

**Carrots** Peas Vanilla

Ice-Cream

**Chocolate Sponge** with Chocolate custard

Sweetcorn

Broccoli

Carrots Cabbage

**Jelly with Fruit** Slices

Broccoli Sweetcorn

**Apple Crumble** Custard

**Baked Beans** Peas

**Orange, Sultana** and Carrot Slice **Custard\*** 

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily



Vegetarian



Nutritionists Choice



Fruit Based



Wholegrain



Oily Fish

WEEK 2





**Monday** 

Tuesday

Wednesday

**Thursday** 

**Friday** 

**Hot Main** Dish

**Alternative** Dish

> **Third** Choice

Salads

**Deli Choice** 

Vegetables

**Desserts** 

| Veggie Pasta<br>Bolognese **<br>Tomato Bread Twist | Sticky Chicken<br>Noodles                    | Roast Pork<br>Roast Potatoes<br>Gravy      | Minced Beef Pie<br>New Potatoes<br>Gravy | Fish Fingers<br>and<br>Chips |
|----------------------------------------------------|----------------------------------------------|--------------------------------------------|------------------------------------------|------------------------------|
| Margarita Pizza with Vegetable Sticks              | Cheese and Onion Pasty<br>with Potato Wedges | Shepherdess Pie<br>Gravy                   | Spanish Tortilla                         | Quorn Bites and chips        |
| Jacket Potato with                                 | Pasta Carbonara                              | Jacket Potato with                         | Tomato Pasta                             | Jacket Potato with           |
| Cheese V                                           |                                              | Tuna and Cucumber                          | <b>V</b> 🗱 碗                             | <b>V</b> Beans               |
|                                                    | Including Lettuce, (                         | Fresh Salads Cucumber, Tomato, Grated Carr | rot & Mixed Salads                       |                              |

## Freshly made Sandwiches, Rolls & Wraps

| Carrot Sticks Cucumber Sticks | Peas<br>Broccoli                      | Carrots<br>Cabbage                       | Parsnip Sweetcorn                 | Baked Beans<br>Peas     |
|-------------------------------|---------------------------------------|------------------------------------------|-----------------------------------|-------------------------|
| Flapjack and fruit slice      | Peach shortbread pudding* and custard | Raspberry Yogurt<br>cake<br>with Custard | Cocoa Finger and<br>Orange Wedge* | Sponge Cake and custard |

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily













WEEK 3

Monday





**Hot Main** Dish

**Alternative** Dish

> **Third** Choice

Salads

**Deli Choice** 

Vegetables

**Desserts** 



**Thursday Friday** 

| Macaroni Cheese                              | Spaghetti Bolognese ** Garlic Bread | Roast Turkey<br>New Potatoes<br>Yorkshire Pudding<br>Gravy | Chicken Curry with Rice | Fish Fingers<br>and Chips   |
|----------------------------------------------|-------------------------------------|------------------------------------------------------------|-------------------------|-----------------------------|
| Veggie Sausage<br>Mash<br>Gravy              | Quiche<br>Salad and Coleslaw        | Quorn Roast<br>Mash<br>Yorkshire Pudding<br>Gravy          | Vegetable Lasagne  V    | Mexican Tacos With Chips  W |
| Jacket Potato<br>with Cheese and<br>Tomatoes | Pasta Carbonara                     | Jacket Potato<br>with<br>Salmon Mayo                       | Tomato Pasta            | Jacket Potato with Beans  W |

## **Fresh Salads**

**Including Lettuce, Cucumber, Tomato, Grated Carrot & Mixed Salads** 

## Freshly made Sandwiches, Rolls & Wraps

| Peas                            | Sweetcorn                             | Carrots                  | Mixed Vegetables Sweetcorn | Baked Beans                               |
|---------------------------------|---------------------------------------|--------------------------|----------------------------|-------------------------------------------|
| Carrots                         | Broccoli                              | Cabbage                  |                            | Peas                                      |
| Oatie Biscuit and Fruit Slices* | Pear Upside Down<br>Cake and Custard* | Strawberry Ice-<br>Cream | Jam sponge with<br>Custard | Banana and Apricot flapjack* with Custard |

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily



Vegetarian











Nutritionists Choice