

# Week 1

WEEK COMMENCING: 5TH NOV/26TH NOV/17TH DEC/21ST JAN/11TH FEB/11TH MARCH/1ST APR

## MONDAY

Pork Sausages with Mash & Gravy

Mozzarella & Tomato Pastry Square with Potato Wedges ✓

Cheese, Ham or Tuna Sandwich

Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw ✓

Seasonal Vegetables

Apple Crumble with Custard

## TUESDAY

Beef Spaghetti Bolognese

Vegetarian Chicken Style Warm Wrap ✓

Cheese, Ham or Tuna Sandwich

Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw ✓

Seasonal Vegetables

Sticky Toffee Pudding with Custard

## WEDNESDAY

Roast Chicken with Mash, Yorkshire Pudding & Gravy

Quorn Sausage with Mash, Yorkshire Pudding & Gravy ✓

Cheese, Ham or Tuna Sandwich

Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw ✓

Seasonal Vegetables

Chocolate Rice Crispy Cake

## THURSDAY

Meat Feast Pizza with Potato Wedges

Vegetable Curry with Rice

Cheese, Ham or Tuna Sandwich

Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw ✓

Seasonal Vegetables

Peach Upside Down Cake with Custard

## FRIDAY

Fish Fingers & Chips 

Cheese Quiche with Chips ✓

Cheese, Ham or Tuna Sandwich

Jacket Potato with Salmon Mayo Beans, ✓ Cheese, ✓ or Coleslaw ✓

Seasonal Vegetables

Chocolate Muffin

# Week 2

WEEK COMMENCING: 12TH NOV/3RD DEC/7TH JAN/28TH JAN/25TH FEB/18TH MARCH/8TH APR

## MONDAY

Beef Burger in a Bun with Potato Wedges

Vegetable Chilli with Rice ✓

Cheese, Ham or Tuna Sandwich

Jacket Potato with Salmon Mayo Beans, ✓ Cheese, ✓ or Coleslaw ✓

Seasonal Vegetables

Apple Strudel with Custard

## TUESDAY

Chicken Korma with Rice & Naan Bread

Cheese & Baked Bean Wrap ✓

Cheese, Ham or Tuna Sandwich

Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw ✓

Seasonal Vegetables

Syrup Sponge with Custard

## WEDNESDAY

Roast Beef served with Yorkshire Pudding, Roast Potatoes & Gravy

Vegetarian Pasta Bolognese ✓

Cheese, Ham or Tuna Sandwich

Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw ✓

Seasonal Vegetables

Vanilla Shortbread Biscuit

## THURSDAY

BBQ Chicken with Rice

Margherita Pizza with Potato Wedges ✓

Cheese, Ham or Tuna Sandwich

Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw ✓

Seasonal Vegetables

Peach & Berry Cobbler with Custard

## FRIDAY

Battered Fish & Chips 

Vegetarian Burger in a Bun with Chips ✓

Cheese, Ham or Tuna Sandwich

Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw ✓

Seasonal Vegetables

Mixed Berry Muffin

# Week 3

WEEK COMMENCING: 19TH NOV/10TH DEC/14TH JAN/4TH FEB/4TH MARCH/25TH MARCH

## MONDAY

Beef Meatballs in Tomato Sauce with Spaghetti

Winter Vegetable Pasty with Crushed Potatoes ✓

Cheese, Ham or Tuna Sandwich

Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw ✓

Seasonal Vegetables

Chocolate & Orange Brownie

## TUESDAY

Cottage Pie

Macaroni Cheese ✓

Cheese, Ham or Tuna Sandwich

Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw ✓

Seasonal Vegetables

Peach Crumble with Custard

## WEDNESDAY

Roast Pork with Roast Potatoes & Gravy

Rainbow Frittata with Roast Potatoes ✓

Cheese, Ham or Tuna Sandwich

Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw ✓

Seasonal Vegetables

Jam & Coconut Sponge

## THURSDAY

Beef Lasagne

Quorn Sausage Pizza with Potato Wedges ✓

Cheese, Ham or Tuna Sandwich

Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw ✓

Seasonal Vegetables

Strawberry Jelly with Peaches

## FRIDAY

Fish Fingers & Chips 

Vegetarian Curry with Rice ✓

Cheese, Ham or Tuna Sandwich

Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw ✓

Seasonal Vegetables

Carrot Cake

# The Guide to Goodness



Many of our homemade desserts contain at least 50% fruit!



The fish we serve is from well-managed and sustainable fisheries.



Over 75% of our dishes are made fresh on site today from fresh ingredients.



We use wholegrain flour and serve wholemeal bread.



Where possible we use ingredients sourced from local producers.