

WEEK 1 MENU

W/C: 31/10 21/11 12/12 16/01
06/02 06/03 27/03

AUTUMN/WINTER 2022

	HOT SPECIALS...	DAILY FAVES...	JACKET POTATOES...	PICK A PUD!
MONDAY	<p>Cheese and Tomato Pizza 🌱 🌾 Served with Potato Wedges</p> <p>Sweet Potato Curry 🌱 🌾 🍷 Served with Wholegrain Rice</p>	<p>Tomato Pasta 🌱 🌿 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings</p>	<p>Vanilla Ice Cream with Fruit Slices 🍓</p>
TUESDAY	<p>Chicken Tikka Masala 🍷 🌾 Served with Wholegrain Rice</p> <p>Macaroni Cheese 🌱 Served with Garlic and Herb Bread</p>	<p>Tomato Pasta 🌱 🌿 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings, including Salmon Mayonnaise 🐟</p>	<p>Carrot and Pineapple Slice</p>
WEDNESDAY	<p>Roast Turkey Served with Roast Potatoes, Two Vegetables and Gravy</p> <p>Vegan Sausage Casserole 🌱 🍷 Served with Two Vegetables</p>	<p>Tomato Pasta 🌱 🌿 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings</p>	<p>Oat Cookie served with Fruit Slices 🍓 🍷</p>
THURSDAY	<p>Beef Bolognese 🍷 🌾 Served with Wholemeal Pasta and Two Vegetables</p> <p>Vegetarian Bolognese 🌱 🌿 🍷 Served with Wholemeal Pasta and Two Vegetables</p>	<p>Tomato Pasta 🌱 🌿 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings</p>	<p>Secret Brownie</p>
FRIDAY	<p>Breaded Fish Served with Chips and Two Vegetables</p> <p>Quorn Dippers 🌱 Served with Chips and Two Vegetables</p>	<p>Tomato Pasta 🌱 🌿 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings</p>	<p>Lemon Slice</p>

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

ALL MAIN MEALS SERVED WITH TWO VEGETABLES

🌱 Vegetarian 🐟 Oily Fish 🌾 Wholegrain

🍏 Fruity! 🍷 Nutritionist's Choice 🍷 Halal Available

WEEK 2 MENU

W/C: 07/11 28/11 02/01 23/01
20/02 13/03

AUTUMN/WINTER 2022

	HOT SPECIALS...		DAILY FAVES...	JACKET POTATOES...	PICK A PUD!
MONDAY	Cheese and Tomato Pizza   Served with Two Vegetables	Chinese Vegetarian Noodles   Served with Two Vegetables	Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta	Jacket Potatoes   with a choice of hot and cold fillings	Jam Sponge
TUESDAY	Pork Sausages Served with Mashed Potato, Two Vegetables and Gravy	Vegetarian Sausages  Served with Mashed Potato, Two Vegetables and Gravy	Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta	Jacket Potatoes   with a choice of hot and cold fillings	Banana and Apricot Flapjack with Fruit Slices  
WEDNESDAY	Roast Pork Served with Roast Potatoes, Two Vegetables and Gravy	Vegetable Pie  Served with Mashed Potato, Two Vegetables and Gravy	Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta	Jacket Potatoes   with a choice of hot and cold fillings	Chocolate Ice Cream
THURSDAY	Keralan Chicken Curry   Served with Wholegrain Rice and Two Vegetables	Cauliflower and Sweet Potato Masala    Served with Wholegrain Rice and Two Vegetables	Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta	Jacket Potatoes   with a choice of hot and cold fillings	Apple and Berry Crumble served with Custard  
FRIDAY	Breaded Fish Served with Chips and Two Vegetables	Quorn Dippers  Served with Chips and Two Vegetables	Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta	Jacket Potatoes   with a choice of hot and cold fillings	Chocolate Shortbread

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YOGHURT & FRESH FRUIT

**ALL MAIN MEALS SERVED
WITH TWO VEGETABLES**

 Vegetarian  Oily Fish  Wholegrain

 Fruity!  Nutritionist's Choice  Halal Available

WEEK 3 MENU

W/C: 14/11 05/12 09/01 30/01
27/02 20/03

AUTUMN/WINTER 2022

	HOT SPECIALS...	DAILY FAVES...	JACKET POTATOES...	PICK A PUD!
MONDAY	<p>Cheese and Tomato Pizza ♻️ 🌱 Served with Potato Wedges</p> <p>Vegetable Chilli ♻️ 🌱 🍷 Served with Wholegrain Rice</p>	<p>Tomato Pasta ♻️ 🌱 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings</p>	<p>Strawberry Ice Cream</p>
TUESDAY	<p>Trinidad Chicken Rice 🍷 🍷 Served with Two Vegetables</p> <p>Vegetable Chow Mein ♻️ 🍷 Served with Two Vegetables</p>	<p>Tomato Pasta ♻️ 🌱 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings</p>	<p>Fruity Flapjack Bar 🍏</p>
WEDNESDAY	<p>Roast Chicken Served with Yorkshire Pudding, Mashed Potato, Two Vegetables and Gravy</p> <p>Vegetable Pastry Roll ♻️ Served with Roast Potatoes, Two Vegetables and Gravy</p>	<p>Tomato Pasta ♻️ 🌱 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings</p>	<p>Fruit Jelly with Fruit Slices 🍏</p>
THURSDAY	<p>Beef Bolognese 🍷 🍷 Served with Wholemeal Pasta and Two Vegetables</p> <p>Vegetarian Cottage Pie ♻️ 🍷 Served with Two Vegetables and Gravy</p>	<p>Tomato Pasta ♻️ 🌱 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings</p>	<p>Carrot Cake with Citrus Frosting</p>
FRIDAY	<p>Breaded Fish Served with Chips and Two Vegetables</p> <p>Vegan Meatballs in Tomato Sauce ♻️ 🍷 Served with Chips and Two Vegetables</p>	<p>Tomato Pasta ♻️ 🌱 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings</p>	<p>Crispy Crackle Bar</p>

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YOGHURT & FRESH FRUIT

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WITH TWO VEGETABLES**

🌱 Vegetarian 🐟 Oily Fish 🌾 Wholegrain

🍏 Fruity! 🍷 Nutritionist's Choice 🍷 Halal Available