

# Week 1

WEEK COMMENCING: 30TH OCT, 20TH NOV, 11TH DEC, 8TH JAN, 29TH JAN, 26TH FEB, 19TH MAR

## MONDAY

- V Pea & Mushroom Risotto
- V Vegetarian Sausage with Mash & Gravy
- Carrots  
Green Beans
- Toffee Apple Crumble with Custard

## TUESDAY

- Beef & Onion Pie with Boiled Potatoes
- V Neapolitan Pasta with Cheese
- Broccoli  
Roasted Vegetables
- Shortbread

## WEDNESDAY

- Roast Chicken with Roast Potatoes & Gravy
- V Hummus & Cucumber Wrap
- Red Cabbage  
Roasted Parsnips
- Frozen Toffee Yoghurt

## THURSDAY

- Meat Feast Pizza
- V Jacket Potato with Baked Beans
- Coleslaw  
Salad
- Fruity Flapjack

## FRIDAY

-  Fish Fingers & Chips
- V Roasted Vegetable Lasagne
- Baked Beans  
Peas
- Peach Sponge with Custard

# Week 2

WEEK COMMENCING: 6TH NOV, 27TH NOV, 18TH DEC, 15TH JAN, 5TH FEB, 5TH MAR, 26TH MAR

## MONDAY

- V Vegetable Bean Chilli with Rice
- V Macaroni Cheese
- Green Beans  
Sweetcorn
- Peach Upside Down Cake with Custard

## TUESDAY

- Beef Spaghetti Bolognese
- V Jacket Potato with Baked Beans & Cheese
- Carrots  
Minted Peas
- Oat & Raisin Biscuit

## WEDNESDAY

- Roast Chicken Thigh with Roast Potatoes & Gravy
- V Vegetable & Butterbean Ragu with Roast Potatoes
- Braised Cabbage  
Vegetable Medley
- Frozen Toffee Yoghurt

## THURSDAY

- Chicken Korma with Rice
- V Italian Tomato & Basil Pasta
- Fruity Coleslaw  
Salad
- Jelly & Vanilla Ice Cream

## FRIDAY

- Salmon & Vegetables with Egg Noodles
-  Vegetarian Frankfurter or Fish Fingers & Chips
- Baked Beans  
Peas
- Pear & Chocolate Pudding with Chocolate Sauce

# Week 3

WEEK COMMENCING: 13TH NOV, 4TH DEC, 1ST JAN, 22ND JAN, 19TH FEB, 12TH MAR

## MONDAY

- V Mexican Rice Wrap
- V Vegetarian Sausage with Mashed Potato & Gravy
- Carrots  
Green Beans
- Apple & Berry Sponge with Custard

## TUESDAY

- Cottage Pie
- V Jacket Potato with Coleslaw
- Broccoli  
Cauliflower
- Apple & Cinnamon Pie with Vanilla Sauce


## WEDNESDAY

- Roast Turkey with Roast Potatoes & Gravy
- V Three Beans Casserole with Roast Potatoes
- Swede  
White Cabbage
- Frozen Strawberry Yoghurt

## THURSDAY

- Chicken & Sweetcorn Pizza
- V Margherita Pizza
- Roasted Vegetables  
Winter Slaw
- Berry Muffin

## FRIDAY

-  Fish Fingers & Chips
- V Broccoli & Cauliflower Cheese Bake with Chips
- Baked Beans  
Peas
- Fruity Flapjack

## 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.



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

