

WEEKS: 03/11, 24/11, 15/12, 19/01, 09/02, 09/03



Fresh fruit pot

(G) (W)



|                       | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|-----------------------|---|--|--|---|--|
| MAIN<br>MEAL          | Lamb Hotpot<br>with<br>roasted vegetables   | Greek Style Chicken Shawarma in a pitta bread served with warm cous cous (G) (W) (MK) (SO)               | Roast Turkey served with roast potatoes, carrots, broccoli, Yorkshire pudding and gravy  (G) (W) (E) (MK)    | Minty crispy topped<br>Cottage Pie<br>served with<br>seasonal vegetables                          | Fish Fingers or<br>salmon fish fingers served<br>with chips, garden peas or<br>baked beans<br>& ketchup<br>(G) (W) (F) |
| MEAT<br>FREE          | Vegetable Hotpot<br>with<br>Roasted Vegetables  | Greek Style Vegetable<br>Shawarma in a pitta bread<br>served with<br>warm cous cous<br>(G) (W) (MK) (SO) | Cheese & Potato Pie<br>served with Yorkshire<br>pudding, carrots, broccoli<br>and gravy<br>(G) (W) (E) (MK)  | Minty crispy topped<br>Vegetable Pie<br>served with<br>seasonal vegetables                        | Vegetable Nuggets<br>served with chips, garden<br>peas or<br>baked beans<br>& ketchup<br>(G) (W)                       |
| PASTA & JACKETS       | Pasta twists with homemade tomato and vegetable sauce served with fresh salad (G) (W) (MU) (SO)       | Jacket potato with choice of<br>toppings served with<br>fresh salad<br>(MK) (F) (E)                      | Pasta twists with cheddar<br>cheese sauce served with<br>fresh salad  (G) (W) (MU) (SO) (MK)                 | Jacket potato with choice of<br>toppings served with<br>fresh salad<br>(MK) (F) (E)               | Pasta twists with pesto<br>served with fresh salad  (G) (W) (MU) (SO)  |
| LUNCHTIME<br>LUNCHBOX | Cheese, Mayo & Spring Onion Baguette served with fresh salad from the salad bar (G) (W) (E) (MK) (SE) | BBQ Chicken Wrap served<br>with fresh salad from the<br>salad bar<br>(G) (W) (SO) (C)                    | Tuna Mayo & Sweetcorn<br>Sandwich served with fresh<br>salad from the salad bar<br>(G) (W) (E) (SO) (SE) (F) | Sweet Chilli Chicken<br>baguette<br>served with fresh salad<br>from the salad bar<br>(G) (W) (SE) | Cheese & Coleslaw Wrap<br>served with fresh salad<br>from the salad bar<br>(G) (W) (E) (MK)                            |
| DESSERTS              | Choose One of Our<br>Fabulous Desserts<br>Apple & berry crumble<br>Fruity jelly                       | Choose One of Our<br>Fabulous Desserts<br>Jam & coconut sponge<br>Fruity jelly                           | Choose One of Our<br>Fabulous Desserts<br>Oat & raisin cookie<br>Fruity jelly                                | Choose One of Our<br>Fabulous Desserts<br>Caramel & bananas<br>mousse                             | Choose One of Our<br>Fabulous Desserts<br>Chocolate shortbread<br>Fruity jelly   |

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Fresh fruit pot

(G) (W) (E)

Fresh fruit pot

(G) (W)

Fresh fruit pot

(G) (W)

Fruit yogurt & coulis

Fresh fruit pot

Making lunchtime the highlight of your day



## **WEEK 2 MENU**

WEEKS: 10/11, 01/12, 05/01, 26/01, 23/02, 16/03





|                       | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|-----------------------|---|--|--|---|---|
| MAIN<br>MEAL          | Pork Sausage & Mash<br>with melody of vegetables  | Lamb Kebabs<br>served with<br>pilau rice, mint yoghurt &<br>vegetables                 | Roast Chicken<br>served with roast potatoes,<br>Yorkshire pudding,<br>carrots, cauliflower<br>and gravy              | Beef Burrito<br>served with<br>seasonal vegetables  | Breaded Fish Fingers<br>served with chips, garden<br>peas or<br>baked beans<br>& ketchup              |
|                       | (G) (W) (MK) (SU) (SO   | (G) (W) (MK) (SO)  | (G) (W) (E) (MK)   | (G) (W) (MK)  | (G) (W) (F)   |
| MEAT<br>FREE          | Quorn Sausage & Mash<br>with melody of vegetables   | Vegetable Kebabs<br>served with<br>pilau rice, mint yoghurt &<br>vegetables            | Roast Vegetable Wellington<br>served with roast potatoes,<br>Yorkshire pudding,<br>carrots, cauliflower<br>and gravy | Macaroni Cheese<br>served with wholemeal<br>garlic & herb bread,<br>seasonal vegetables<br>(G) (W) (MU) | Cheese, onion &<br>mixed Pepper roll<br>served with chips, garden<br>peas or<br>baked beans & ketchup |
|                       | (G) (W) (MK)  | (G) (W) (MK) (SO)  | (G) (W) (E) (MK)   | (SO) (MK) (SE)  | (G) (W) (MK) (MU)   |
| PASTA &<br>JACKETS    | Pasta twists with<br>homemade tomato and<br>vegetable sauce served with<br>fresh salad    | Jacket potato with choice of<br>toppings served with<br>fresh salad                    | Pasta twists with cheddar<br>cheese sauce served with<br>fresh salad   | Jacket potato with choice of<br>toppings served with<br>fresh salad                                     | Pasta twists with pesto<br>served with fresh salad  |
| JACKETS               | (G) (W) (MU) (SO)   | (MK) (F) (E)   | (G) (W) (MU) (SO) (MK)   | (MK) (F) (E)  | (G) (W) (MU) (SO)   |
| LUNCHTIME<br>LUNCHBOX | Cheese, Mayo & Spring<br>Onion Baguette served with<br>fresh salad from the salad<br>bar  | BBQ Chicken Wrap served<br>with fresh salad from the<br>salad bar                      | Tuna Mayo & Sweetcorn<br>Sandwich served with fresh<br>salad from the salad bar                                      | Sweet Chilli Chicken<br>baguette<br>served with fresh salad<br>from the salad bar                       | Cheese & Coleslaw Wrap<br>served with fresh salad<br>from the salad bar                               |
| LONGHBOX              | (G) (W) (E) (MK) (SE)   | (G) (W) (SO) (C)   | (G) (W) (E) (SO) (SE) (F)  | (G) (W) (SE)  | (G) (W) (E) (MK)  |
|                       | Choose One of Our   | Choose One of Our  | Choose One of Our  | Choose One of Our   | Choose One of Our   |
| DESSERTS              | Fabulous Desserts Strawberry mousse with Mixed Berry compote Fruity jelly Fresh fruit pot | Fabulous Desserts Jam roly poly Fruit yogurt & coulis Fresh fruit pot (G) (W) (E) (MK) | Fabulous Desserts Sticky pineapple Cake Fruity jelly Fresh fruit pot (G) (W) (E)                                     | Fabulous Desserts Lemon Cake Fruit yogurt & coulis Fresh fruit pot (G) (W) (E) (MK)                     | Fabulous Desserts Chocolate Brownie Fruity jelly Fresh fruit pot (G) (W) (E)                          |

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## **WEEK 3 MENU**

WEEKS: 17/11, 08/12, 12/01, 02/02, 02/03, 23/03





|                 | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|-----------------|--|--|---|---|---|
| MAIN<br>MEAL    | Lamb Bolognese served with spaghetti, wholemeal garlic & herb bread, seasonal vegetables (G) (W) (MU) (SO) (MK) (SE)                       | Tandoori marinated chicken thigh served with rice & beans, naan bread (G) (W) (MK)                                     | Roast Beef<br>served with<br>roast potatoes, carrots,<br>cabbage, Yorkshire<br>pudding and gravy<br>(G) (W) (E) (MK)          | Chicken Wholemeal Pizza served with baked potato wedges, peas & sweetcorn (G) (W) (E) (MK) (SO)                       | Breaded Fish Fillet served<br>with chips, garden peas or<br>Baked beans<br>& ketchup<br>(G) (W) (F)         |
| MEAT<br>FREE    | Plant Based Bolognese<br>served with spaghetti,<br>wholemeal garlic & herb<br>bread, seasonal vegetables<br>(G) (W) (MU) (SO) (MK)<br>(SE) | Tandoori marinated vegetables served with rice & beans, naan bread (G) (W) (MK)  | Quorn Sausage Roast<br>served with<br>roast potatoes, carrots,<br>cabbage, Yorkshire<br>pudding and gravy<br>(G) (W) (E) (MK) | Traffic Light (sweet pepper) whole meal pizza served with baked potato wedges, peas & sweetcorn (G) (W) (E) (MK) (SO) | Vegetable Fingers<br>served with chips, garden<br>peas or<br>baked beans<br>& ketchup<br>(G) (W)            |
| PASTA & JACKETS | Pasta twists with Homemade tomato and vegetable sauce served with fresh salad  (G) (W) (MU) (SO)   | Jacket potato with choice of<br>toppings served with<br>fresh salad  (MK) (F) (E)                                      | Pasta twists with cheddar<br>cheese sauce served with<br>fresh salad  (G) (W) (MU) (SO) (MK)                                  | Jacket potato with choice of<br>toppings served with<br>fresh salad<br>(MK) (F) (E)                                   | Pasta twists with pesto<br>served with fresh salad  (G) (W) (MU) (SO)                                       |
| LUNCHTIM        | Cheese, Mayo & Spring Onion Baguette served with fresh salad from the salad bar  (G) (W) (E) (MK) (SE)                                     | BBQ Chicken Wrap served<br>with fresh salad from the<br>salad bar  (G) (W) (SO) (C)                                    | Tuna Mayo & Sweetcorn<br>Sandwich served with fresh<br>salad from the salad bar<br>(G) (W) (E) (SO) (SE) (F)                  | Sweet Chilli Chicken<br>baguette<br>served with fresh salad<br>from the salad bar<br>(G) (W) (SE)                     | Cheese & Coleslaw Wrap<br>served with fresh salad<br>from the salad bar<br>(G) (W) (E) (MK)                 |
| DESSERTS        | Choose One of Our<br>Fabulous Desserts<br>Sprinkle cookie<br>Fruity jelly<br>Fresh fruit pot<br>(G) (W)                                    | Choose One of Our<br>Fabulous Desserts<br>Syrup Sponge<br>Fruit yogurt & coulis<br>Fresh fruit pot<br>(G) (W) (E) (MK) | Choose One of Our<br>Fabulous Desserts<br>Chocolate mousse with<br>orange wedge<br>Fruity jelly<br>Fresh fruit pot            | Choose One of Our<br>Fabulous Desserts<br>Carrot Cake<br>Fruit yogurt & coulis<br>Fresh fruit pot<br>(G) (W) (E) (MK) | Choose One of Our<br>Fabulous Desserts<br>Victoria Sponge<br>Fruity jelly<br>Fresh fruit pot<br>(G) (W) (E) |

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