

WEEK 1

W/C: 30/10, 20/11, 11/12, 01/01, 22/01, 12/02, 04/03

AUTUMN/WINTER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza   Served with Potato Wedges	Classic Beef Burger Served with Potato Wedges	Roast Chicken Served with Roast Potatoes and Gravy	Beef Bolognese   Served with Wholewheat Pasta and Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
	Stir Fried Vegetable Rice   	Vegetarian Burger  Served with Potato Wedges	Vegetable Pastry Roll  Served with Mashed Potato and Gravy	Vegetarian Bolognese    Served with Wholewheat Pasta and Garlic and Herb Bread	Crispy Quorn Nuggets  Served with Chips
JACKET POTATO	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings, including Salmon Mayonnaise 	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings
	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta  				
	All main meals are served with two vegetables				
DESSERT	Chocolate Sponge with Chocolate Custard	Crispy Crackle Bar with Fruit 	Banana Cake 	Original Flapjack	Vanilla Ice Cream

PACKED LUNCH AVAILABLE

Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

AVAILABLE EVERY DAY

Water, salad, freshly baked bread, yoghurt & fresh fruit

 Vegetarian  Oily Fish  Wholegrain

 Fruity!  Nutritionist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza   Served with Potato Wedges	Turkey Con Chilli   Served with Wholegrain Rice	Roast Turkey  Served with Roast Potatoes and Gravy	Sausage Pasta Bake  Served with Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
JACKET POTATO	Vegetarian Cottage Pie   Served with Gravy	Macaroni Cheese 	Cheesy Leek and Carrot Crumble   Served with Roast Potatoes and Gravy	Vegetarian Sausage Pasta Bake   Served with Garlic and Herb Bread	Crispy Quorn Nuggets  Served with Chips
	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings
	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta  				
	All main meals are served with two vegetables				
DESSERT	Apple Crumble with Custard 	Crunchy Chocolate Biscuit	Chocolate and Vanilla Marble Cake	Carrot Cake 	Strawberry Ice Cream

PACKED LUNCH AVAILABLE
 Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

AVAILABLE EVERY DAY
 Water, salad, freshly baked bread, yoghurt & fresh fruit

 Vegetarian
  Oily Fish
  Wholegrain
 Fruity!
  Nutritionist's Choice



WEEK 3

W/C: 13/11, 04/12, 25/12, 15/01, 05/02, 26/02, 18/03

AUTUMN/WINTER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza   Served with Potato Wedges	Cottage Pie  Served with Gravy	Roast Pork Served with Roast Potatoes and Gravy	Chicken and Vegetable Korma   Served with Wholegrain Rice	Breaded Fish Fingers Served with Chips
	Chilli No Carne with Crispy Tortilla    Served with Wholegrain Rice	Vegetarian Lasagne    Served with Garlic and Herb Bread	Sweet Potato and Chickpea Roast   Served with Roast Potatoes and Gravy	Sweet and Sour Vegetables    Served with Wholegrain Rice	Crispy Quorn Nuggets  Served with Chips
JACKET POTATO	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings
	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta  				
	All main meals are served with two vegetables				
DESSERT	Banana and Carrot Cake 	Strawberry Jelly	Orange Drizzle with Fruit 	Pineapple Upside Down Cake with Custard	Chocolate Ice Cream with Shortbread Biscuit

PACKED LUNCH AVAILABLE
Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

AVAILABLE EVERY DAY
Water, salad, freshly baked bread, yoghurt & fresh fruit

 Vegetarian  Oily Fish  Wholegrain
 Fruity!  Nutritionist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.