

WEEK 1 MENU

W/C: 31/10 21/11 12/12 02/01
23/01 13/02 06/03 27/03

AUTUMN/WINTER 2022

	HOT SPECIALS...	DAILY FAVES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!	
MONDAY	<p>Macaroni Cheese </p> <p>Served with Two Vegetables</p>	<p>Vegetarian Sausage  </p> <p>Served with Mashed Potato and Gravy</p>	<p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes  </p> <p>with a choice of hot and cold fillings</p>	<p>Vanilla Ice Cream with Fruit Slices </p>
TUESDAY	<p>Chicken Pie</p> <p>Served with Mashed Potato and Gravy</p>	<p>Cheese and Tomato Pizza  </p> <p>Served with Potato Wedges</p>	<p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes  </p> <p>with a choice of hot and cold fillings, including Salmon Mayonnaise </p>	<p>Hot Chocolate Sponge with Chocolate Custard and Fruit Slices </p>
WEDNESDAY	<p>Roast Turkey</p> <p>Served with Roast Potatoes, Two Vegetables and Gravy</p>	<p>Vegan Sausage Casserole  </p> <p>Served with Two Vegetables</p>	<p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes  </p> <p>with a choice of hot and cold fillings</p>	<p>Oat Cookie served with Fruit Slices </p>
THURSDAY	<p>Beef Bolognese  </p> <p>Served with Wholemeal Pasta and Two Vegetables</p>	<p>Chinese Vegetable Rice </p> <p>Served with Two Vegetables</p>	<p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes  </p> <p>with a choice of hot and cold fillings</p>	<p>Apple Crumble served with Custard   </p>
FRIDAY	<p>Breaded Fish</p> <p>Served with Chips and Three Vegetables</p>	<p>Quorn Dippers </p> <p>Served with Chips and Three Vegetables</p>	<p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes  </p> <p>with a choice of hot and cold fillings</p>	<p>Ice Cream Milkshake with Shortbread and Fruit Slices </p>

PACKED LUNCH - AVAILABLE DAILY
SANDWICH OR DAILY SPECIAL, VEGETABLES,
FRESH FRUIT AND DESSERT OF THE DAY

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 19/12 09/01
30/01 20/02 13/03 03/04

AUTUMN/WINTER 2022

	HOT SPECIALS...	DAILY FAVES...	PACKED LUNCH...	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>Packed Lunch See below for details</p>	<p>Jacket Potatoes 🍷 🍃 with a choice of hot and cold fillings</p>	<p>Jam Sponge with Fruit Slices 🍏</p>
TUESDAY	<p>Chicken Korma 🌿 Served with Wholegrain Rice</p> <p>Vegetable Lasagne 🍃 Served with Garlic and Herb Bread Wedge</p>	<p>Tomato Pasta 🍃 🍷 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch See below for details</p>	<p>Jacket Potatoes 🍷 🍃 with a choice of hot and cold fillings</p>	<p>Banana and Apricot Flapjack served with Fresh Fruit 🍌 🍏</p>
WEDNESDAY	<p>Roast Chicken Served with Mashed Potato, Two Vegetables, Yorkshire Pudding and Gravy</p> <p>Vegetable Pie 🍃 Served with Mashed Potato, Two Vegetables and Gravy</p>	<p>Tomato Pasta 🍃 🍷 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch See below for details</p>	<p>Jacket Potatoes 🍷 🍃 with a choice of hot and cold fillings</p>	<p>Chocolate Ice Cream with Fruit Slices 🍌 🍏</p>
THURSDAY	<p>Beef Lasagne Served with Garlic and Herb Bread Wedge</p> <p>Cauliflower and Sweet Potato Masala 🍃 🍷 Served with Wholegrain Rice and Two Vegetables</p>	<p>Tomato Pasta 🍃 🍷 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch See below for details</p>	<p>Jacket Potatoes 🍷 🍃 with a choice of hot and cold fillings</p>	<p>Apple and Berry Crumble served with Custard 🍏 🍷 🍷 🍷</p>
FRIDAY	<p>Breaded Fish Served with Chips and Three Vegetables</p> <p>Quorn Dippers 🍃 Served with Chips and Three Vegetables</p>	<p>Tomato Pasta 🍃 🍷 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch See below for details</p>	<p>Jacket Potatoes 🍷 🍃 with a choice of hot and cold fillings</p>	<p>Chocolate Shortbread with Fresh Fruit Slices 🍌 🍏</p>

PACKED LUNCH - AVAILABLE DAILY
SANDWICH OR DAILY SPECIAL, VEGETABLES,
FRESH FRUIT AND DESSERT OF THE DAY

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 3 MENU

W/C: 14/11 05/12 26/12 16/01
06/02 27/02 20/03 10/04



AUTUMN/WINTER 2022

	HOT SPECIALS...	DAILY FAVES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!	
MONDAY	Cheese and Tomato Pizza Served with Potato Wedges	Vegetable Chilli Served with Wholegrain Rice	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Packed Lunch See below for details	Jacket Potatoes with a choice of hot and cold fillings	Strawberry Ice Cream with Fruit Slices
TUESDAY	Sweet and Sour Chicken Served with Wholegrain Rice	West African Vegetable Rice	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Packed Lunch See below for details	Jacket Potatoes with a choice of hot and cold fillings	Fruity Flapjack Bar
WEDNESDAY	Roast Chicken Served with Roast Potatoes, Two Vegetables and Gravy	Vegetable Pastry Roll	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Packed Lunch See below for details	Jacket Potatoes with a choice of hot and cold fillings	Lemon Drizzle Cake with Fruit Slices
THURSDAY	Cottage Pie Served with Two Vegetables	Vegetarian Korma Served with Bombay Potatoes	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Packed Lunch See below for details	Jacket Potatoes with a choice of hot and cold fillings	Chocolate Slice with Fruit Slices
FRIDAY	Southern Fried Chicken Served with Chips and Three Vegetables	Vegan Meatballs in Tomato Sauce Served with Chips and Three Vegetables	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Packed Lunch See below for details	Jacket Potatoes with a choice of hot and cold fillings	Crispy Crackle Bar with Fruit Slices

PACKED LUNCH - AVAILABLE DAILY
SANDWICH OR DAILY SPECIAL, VEGETABLES,
FRESH FRUIT AND DESSERT OF THE DAY

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