

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  Served with Two Vegetables</p> <p>Vegetarian Sausage   Served with Mashed Potato 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>Vanilla Ice Cream with Fruit Slices </p>
TUESDAY	<p>Chicken Pie Served with Mashed Potato and Gravy</p> <p>Cheese and Tomato Pizza   Served with Potato Wedges</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, including Salmon Mayonnaise </p>	<p>Hot Chocolate Sponge with Chocolate Custard and Fruit Slices </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>Packed Lunch See below for details</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>Chinese Vegetable Rice  Served with 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>Secret Brownie with Fruit Slices  </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>Ice Cream Milkshake with Shortbread and Fruit Slices </p>

PACKED LUNCH - AVAILABLE DAILY
HAM OR CHEESE 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>Mixed Bean Pasta    Served with Tomato Pizza Bread</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 Noodle Stir Fry Served with Two Vegetables</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>Orange Shortbread with Fruit Slices </p>
WEDNESDAY	<p>Roast Gammon 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>Keralan Chicken Curry   Served with Wholegrain Rice and Two Vegetables</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>Raspberry Ripple Cake with Fruit Slices </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>Strawberry Milkshake served with Fresh Fruit </p>

PACKED LUNCH - AVAILABLE DAILY
HAM OR CHEESE 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	Vegetable Chow Mein Served with Two 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	Fruity Flapjack Bar
WEDNESDAY	Roast Pork Served with Roast Potatoes, Two Vegetables and Gravy	Vegetable Pastry Roll Served with Roast Potatoes, Two Vegetables and Gravy	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	Mango Frozen Yoghurt with Fruit Slices
THURSDAY	Beef Bolognese Served with Wholemeal Pasta and Two Vegetables	Vegetarian Cottage Pie Served with Two Vegetables and Gravy	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	Breaded Fish Served with Chips and Three Vegetables	Quorn Dippers 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	Chocolate Milkshake served with a Chocolate Biscuit and Fruit Slices

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VEGETABLES, FRESH FRUIT AND DESSERT OF THE DAY

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YOGHURT & FRESH FRUIT
ALL MAIN MEALS SERVED WITH TWO VEGETABLES

Vegetarian Oily Fish Wholegrain
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