

# Week 1

WEEK COMMENCING: 4TH SEPT, 25TH SEPT, 16TH OCT, 13TH NOV, 4TH DEC, 8TH JAN, 29TH JAN, 26TH FEB, 19TH MARCH

## MONDAY

- V Pork Sausage with Boiled Potatoes & Gravy
- V Mozzarella & Tomato Puff with Boiled Potatoes
- Baked Salmon with Boiled Potatoes
- Carrots
- Green Beans
- Toffee Apple Crumble with Custard

## TUESDAY

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

## WEDNESDAY

- V Roast Chicken with Roast Potatoes & Gravy
- V Vegetable & Lentil Loaf with Roast Potatoes & Gravy
- V Jacket Potato with Coleslaw
- Red Cabbage
- Roasted Parsnips
- Frozen Toffee Yoghurt

## THURSDAY

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

## FRIDAY

- V Fish Fingers & Chips
- V Spicy Bean Burger with Chips
- BBQ Chicken with Chips
- Baked Beans
- Peas
- Peach Sponge with Custard



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.

# Week 2

WEEK COMMENCING: 11TH SEPT, 2ND OCT, 30TH OCT, 20TH NOV, 11TH DEC, 15TH JAN, 5TH FEB, 5TH MARCH, 26TH MARCH

## MONDAY

- V Beef Spaghetti Bolognese
- V Potato, Red Onion & Cheese Frittata
- V Jacket Potato with Coleslaw
- Carrots
- Minted Peas
- Oat & Raisin Biscuit

## TUESDAY

- V Chicken & Sweetcorn Pie with Boiled Potatoes
- V Macaroni Cheese
- V Hummus & Cucumber Wrap
- Green Beans
- Sweetcorn
- Peach Upside Down Cake with Custard

## WEDNESDAY

- V Roast Gammon with Roast Potatoes & Gravy
- V Vegetable & Butterbean Ragù with Roast Potatoes
- V Jacket Potato with Cheese
- Braised Cabbage
- Vegetable Medley
- Jam & Coconut Sponge with Custard

## THURSDAY

- V BBQ Chicken Pizza
- V Margherita Pizza
- V Jacket Potato with Baked Beans
- Fruit Coleslaw
- Salad
- Jelly & Ice Cream

## FRIDAY

- V Battered Fish & Chips
- V Vegetarian Frankfurter with Chips
- V Jacket Potato with Tuna Mayonnaise
- Baked Beans
- Peas
- Pear & Chocolate Pudding with Chocolate Sauce

# Week 3

WEEK COMMENCING: 18TH SEPT, 9TH OCT, 6TH NOV, 27TH NOV, 1ST JAN, 22ND JAN, 19TH FEB, 12TH MARCH

## MONDAY

- V Chicken Sausage with Wash & Gravy
- V Vegetarian Sausage with Wash & Gravy
- V Neapolitan Pasta
- Carrots
- Green Beans
- Flapjack

## TUESDAY

- V Lemon & Garlic Chicken with Boiled Potatoes
- V Shepherdess Pie
- V Jacket Potato with Coleslaw
- Broccoli
- Cauliflower
- Apple & Cinnamon Crumble with Custard

## WEDNESDAY

- V Roast Pork with Roast Potatoes & Gravy
- V Butternut Squash & Chickpea Patty with Roast Potatoes
- V Jacket Potato with Cheese
- Swede
- White Cabbage
- Frozen Strawberry Yoghurt

## THURSDAY

- V Meat Feast Pizza
- V Red Onion & Sweetcorn Pizza
- V Jacket Potato with Baked Beans
- Roasted Vegetables
- Salad
- Apple & Berry Sponge with Custard

## FRIDAY

- V Fish Fingers & Chips
- V Cheese & Onion Pasta with Chips
- V Egg Mayonnaise & Cress Sandwich
- Baked Beans
- Peas
- Berry Muffin