

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 Slices	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	Chicken and Vegetable Tikka Masala   Served with Wholegrain Rice	Roast Turkey  Served with Roast Potatoes and Gravy	Vegetarian Sausage Pasta Bake   Served with Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
	Cheese and Tomato Pizza   Served with Potato Wedges	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 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	Apple Crumble with Custard 	Crunchy Chocolate Biscuit	Chocolate and Vanilla Marble Cake	Chocolate Shortbread with Fruit 	Strawberry Ice Cream

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AVAILABLE EVERY DAY

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

 Vegetarian  Oily Fish  Wholegrain

 Fruity!  Nutritionist's Choice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza   Served with Potato Wedges	Cauliflower Macaroni Cheese    Served with Garlic and Herb Bread	Roast Chicken Served with Roast Potatoes and Gravy	Chicken and Vegetable Korma   Served with Wholegrain Rice	Breaded Fish Fingers Served with Chips
JACKET POTATO	Chilli No Carne with Crispy Tortilla    Served with Wholegrain Rice	Cauliflower Macaroni Cheese    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 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	Magic Apple and Cinnamon Bake 	Strawberry Jelly	Orange Drizzle with Fruit 	Pineapple Upside Down Cake with Custard	Strawberry Frozen Yoghurt

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AVAILABLE EVERY DAY
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 Vegetarian
  Oily Fish
  Wholegrain
 Fruity!
  Nutritionist's Choice