

Week 1

WEEK COMMENCING: 29TH OCT/ 19TH NOV/ 10TH DEC/ 7TH JAN/ 28TH JAN/ 25TH FEB/ 18TH MAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
● Chicken Sausage with Mash & Gravy	● Lamb Pasta Bolognese	● Roast Chicken with Roast Potatoes & Gravy	● Lentil & Sweet Potato Curry with Rice	● Fish Fingers & Chips 
● Vegetarian Sausage with Mash & Gravy	● Tomato & Basil Tart with New Potatoes	● Vegetable & Bean Chilli with Rice	● Vegetarian Bolognese Pizza	● Cheese & Onion Quiche with Chips
● Chickpea & Vegetable Tagine with Cous Cous	● Jacket Potato with Tuna Mayo Beans, Cheese, or Coleslaw	● Vegetarian Strips with Roast Potatoes & Gravy	● Pasta Primavera	● Vegetable Biryani
● Carrots	● Broccoli	● Carrots	● Sweetcorn	● Baked Beans
● Green Beans	● Sweetcorn	● Green Cabbage	● Vegetable Medley	● Peas
● Apple Crumble with Custard	● Sticky Toffee Pudding with Custard	● Frozen Strawberry Yoghurt	● Orange Jelly with Mandarins	● Fruity Flapjack

Week 2

WEEK COMMENCING: 5TH NOV/ 26TH NOV/ 17TH DEC/ 14TH JAN/ 4TH FEB/ 4TH MAR/ 25TH MAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
● Lamb Chilli Con Carne with Rice	● Chicken Korma with Rice	● Roast Turkey with Roast Potatoes & Gravy	● Vegetarian Pasta Bolognese	● Salmon or White Fish Fingers & Chips 
● Macaroni Cheese	● Spicy Bean Burger with Wedges	● Vegetable & Butterbean Ragù with Roast Potatoes	● Margherita Pizza	● Winter Vegetable Whirl with Chips
● Roast Vegetable Frittata with Rice	● Vegetable & Chickpea Jambalaya	● Jacket Potato with Tuna Mayo Beans, Cheese, or Coleslaw	● Cheese & Leek Pasty with Wedges	● Chickpea & Vegetable Balti Curry with Rice
● Broccoli	● Peas	● Carrot & Swede Mash	● Runner Bean Slaw	● Baked Beans
● Sweetcorn	● Roasted Cauliflower	● Green Beans	● Sweetcorn	● Peas
● Banana Cake	● Apple & Berry Crumble with Custard	● Pear & Vanilla Sponge with Custard	● Lemon Shortbread	● Banana & Chocolate Flapjack

Week 3

WEEK COMMENCING: 12TH NOV/ 3RD DEC/ 21ST JAN/ 11TH FEB/ 11TH MAR/ 1ST APR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
● BBQ Chicken with Sweet Potato Mash	● Lamb Kheema Curry with Rice	● Roast Chicken with Roast Potatoes & Gravy	● Neopolitan Beany Pasta	● Fish Fingers & Chips 
● Goan Quorn Curry & Naan Bread	● Broccoli & Cheese Quiche with Crushed Potatoes	● Vegetable & Lentil Loaf with Roast Potatoes & Gravy	● Spicy Vegetarian Sausage Pizza	● Cheese & Leek Potato Boats
● Mozzarella & Tomato Puff with Sweet Potato Mash	● Jacket Potato with Tuna Mayo Beans, Cheese, or Coleslaw	● Vegetable Chow Mein	● Three Bean Casserole with Wedges	● Roast Vegetable Lasagne
● Carrots	● Peas	● Broccoli	● Green Beans	● Baked Beans
● Green Beans	● Red Cabbage & Sultanas	● Roasted Root Vegetables	● Sweetcorn	● Peas
● Eve's Pudding with Custard	● Peach Crumble with Custard	● Frozen Toffee Yoghurt	● Lemon Drizzle Cake	● Chocolate Cracknell

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 85% 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.

PLEASE NOTE THAT BEEF WILL BE SUBSTITUTED FOR LAMB IN THE BOLOGNESE AND CHILLI AND PORK FOR CHICKEN IN SAUSAGES