

# WEEK 1

W/C: 30/10, 20/11, 11/12, 01/01, 22/01, 12/02, 04/03, 25/03

AUTUMN/WINTER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<b>Cheese and Tomato Pizza</b> 🌱 🌾 Served with Potato Wedges	<b>Classic Beef Burger</b> Served with Potato Wedges	<b>Roast Chicken</b> Served with Roast Potatoes and Gravy	<b>Beef Bolognese</b> 🐟 🍷 Served with Wholewheat Pasta and Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
JACKET POTATO	<b>Vegetable Korma</b> 🌱 🍷 🌾 Served with Wholegrain Rice	<b>Vegetarian Burger</b> 🌱 Served with Potato Wedges	<b>Vegetable Pastry Roll</b> 🌱 Served with Mashed Potato and Gravy	<b>Vegetarian Bolognese</b> 🌱 🍷 🌾 Served with Wholewheat Pasta and Garlic and Herb Bread	<b>Crispy Quorn Nuggets</b> 🌱 Served with Chips
	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings, including Salmon Mayonnaise 🐟	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings
	<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta 🌱 🌾				
	All main meals are served with two vegetables				
DESSERT	<b>Chocolate Sponge with Chocolate Custard</b>	<b>Crispy Crackle Bar with Fruit</b> 🌱	<b>Banana Cake</b> 🌱	<b>Original Flapjack</b>	<b>Vanilla Ice Cream</b>

## 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.

# WEEK 2

W/C: 06/11, 27/11, 18/12, 08/01, 29/01, 11/03

AUTUMN/WINTER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<b>Cheese and Tomato Pizza</b> 🌱 🌿 Served with Potato Wedges	<b>Turkey Con Chilli</b> 🌿 🍷 Served with Wholegrain Rice	<b>Roast Beef</b> Served with Roast Potatoes and Gravy	<b>Sausage Pasta Bake</b> 🌿 Served with Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
JACKET POTATO	<b>Sweet Potato Curry</b> 🌱 🌿 🍷 Served with Wholegrain Rice	<b>Macaroni Cheese</b> 🌱	<b>Cheesy Leek and Carrot Crumble</b> 🌱 🍷 Served with Roast Potatoes and Gravy	<b>Vegetarian Sausage Pasta Bake</b> 🌿 🌱 Served with Garlic and Herb Bread	<b>Crispy Quorn Nuggets</b> 🌱 Served with Chips
	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings
	<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta 🌱 🌿				
	All main meals are served with two vegetables				
DESSERT	<b>Apple Crumble with Custard</b> 🌱	<b>Crunchy Chocolate Biscuit</b>	<b>Chocolate and Vanilla Marble Cake</b>	<b>Chocolate Shortbread with Fruit</b> 🌱	<b>Strawberry Ice Cream</b>

## 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

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# WEEK 3

W/C: 13/11, 04/12, 15/01, 05/02, 26/02, 18/03

AUTUMN/WINTER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<b>Cheese and Tomato Pizza</b> 🌱 🌾 Served with Potato Wedges	<b>Pork Sausages</b> Served with Mashed Potato and Gravy	<b>Roast Turkey</b> Served with Roast Potatoes and Gravy	<b>Chicken and Vegetable Korma</b> 🌱 🌾 🍷 Served with Wholegrain Rice	<b>Breaded Fish Fingers</b> Served with Chips
JACKET POTATO	<b>Chilli No Carne with Crispy Tortilla</b> 🌱 🌾 🍷 Served with Wholegrain Rice	<b>Cauliflower Macaroni Cheese</b> 🌱 🌾 🍷 Served with Garlic and Herb Bread	<b>Sweet Potato and Chickpea Roast</b> 🌱 🍷 Served with Roast Potatoes and Gravy	<b>Sweet and Sour Vegetables</b> 🌱 🌾 🍷 Served with Wholegrain Rice	<b>Crispy Quorn Nuggets</b> 🌱 Served with Chips
	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings
	<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta 🌱 🌾				
	All main meals are served with two vegetables				
DESSERT	<b>Magic Apple and Cinnamon Bake</b> 🌱	<b>Strawberry Jelly</b>	<b>Orange Drizzle with Fruit</b> 🌱	<b>Pineapple Upside Down Cake with Custard</b>	<b>Chocolate Ice Cream with Shortbread Biscuit</b>

**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

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