

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 </p> <p>Served with Two Vegetables</p>	<p>Vegetarian Sausage  </p> <p>Served with Mashed Potato and Gravy</p>	<p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes  </p> <p>with a choice of hot and cold fillings</p>	<p>Vanilla Ice Cream with Fruit Slices </p>
TUESDAY	<p>Chicken Tikka Masala  </p> <p>Served with Wholegrain Rice</p>	<p>Cheese and Tomato Pizza  </p> <p>Served with Potato Wedges</p>	<p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes  </p> <p>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</p> <p>Served with Roast Potatoes, Two Vegetables and Gravy</p>	<p>Vegan Sausage Casserole  </p> <p>Served with Two Vegetables</p>	<p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes  </p> <p>with a choice of hot and cold fillings</p>	<p>Oat Cookie served with Fruit Slices </p>
THURSDAY	<p>Beef Bolognese  </p> <p>Served with Wholemeal Pasta and Two Vegetables</p>	<p>Chinese Vegetable Rice </p> <p>Served with Two Vegetables</p>	<p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes  </p> <p>with a choice of hot and cold fillings</p>	<p>Shortbread or Apple Crumble with Custard   </p>
FRIDAY	<p>Breaded Fish</p> <p>Served with Chips and Three Vegetables</p>	<p>Vegan Quorn Nuggets </p> <p>Served with Chips and Three Vegetables</p>	<p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes  </p> <p>with a choice of hot and cold fillings</p>	<p>Pineapple Upside Down Cake </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  </p> <p>Served with Potato Wedges</p>	<p>Mild Bean Chilli   </p> <p>Served with Wholegrain Rice</p>	<p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes  </p> <p>with a choice of hot and cold fillings</p>	<p>Jam Sponge with Fruit Slices </p>
TUESDAY	<p>Chicken Korma </p> <p>Served with Wholegrain Rice</p>	<p>Vegetarian Korma   </p> <p>Served with Wholegrain Rice</p>	<p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes  </p> <p>with a choice of hot and cold fillings</p>	<p>Plain Flapjack served with Fresh Fruit </p>
WEDNESDAY	<p>Roast Turkey</p> <p>Served with Mashed Potato, Two Vegetables, Yorkshire Pudding and Gravy</p>	<p>Vegetable Pie </p> <p>Served with Mashed Potato, Two Vegetables and Gravy</p>	<p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes  </p> <p>with a choice of hot and cold fillings</p>	<p>Chocolate Ice Cream with Fruit Slices </p>
THURSDAY	<p>Beef Keema Curry </p> <p>Served with Wholegrain Rice</p>	<p>Red Lentil Dhal   </p> <p>Served with Bombay Potatoes</p>	<p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes  </p> <p>with a choice of hot and cold fillings</p>	<p>Orange Drizzle Cake with Fruit Slices </p>
FRIDAY	<p>Breaded Fish</p> <p>Served with Chips and Three Vegetables</p>	<p>Vegan Quorn Nuggets </p> <p>Served with Chips and Three Vegetables</p>	<p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes  </p> <p>with a choice of hot and cold fillings</p>	<p>Strawberry Milkshake served 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 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	Vegetarian Bolognese    Served with Wholemeal Pasta	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	Chicken Tikka Masala   Served with Wholegrain Rice	Sweet Potato Curry    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	Fruity Flapjack Bar 
WEDNESDAY	Roast Turkey Served with Roast Potatoes, Two Vegetables and Gravy	Vegetable Pie  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	Fruit Jelly 
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	Vegan Meatballs in Tomato Sauce   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 Biscuit with Custard and Fruit Slices 

PACKED LUNCH - AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL,
VEGETABLES, FRESH FRUIT AND DESSERT OF THE DAY

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YOGHURT & FRESH FRUIT
ALL MAIN MEALS SERVED WITH TWO VEGETABLES

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