

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>Cheese and Tomato Pizza  </p> <p>Served with Potato Wedges</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>BBQ Chicken </p> <p>Served with Wholegrain Rice</p>	<p>Macaroni Cheese </p> <p>Served with Garlic and Herb Bread</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>Cottage Pie </p> <p>Served with 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>Apple Crumble served with Custard   </p>
FRIDAY	<p>Breaded Fish</p> <p>Served with Chips and Three Vegetables</p>	<p>Quorn Dippers </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>Ice Cream Milkshake 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 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	Cheese and Tomato Pizza   Served with Potato Wedges	Chinese Vegetarian Noodles   Served with Two 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	Jam Sponge with Fruit Slices 
TUESDAY	Pork Sausages Served with Mashed Potato, Two Vegetables and Gravy	Vegetable Lasagne  Served with Garlic and Herb Bread Wedge	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 and Banana Marble Cake with Fruit Slices 
WEDNESDAY	Roast Gammon Served with Mashed Potato, Two Vegetables, Yorkshire Pudding and Gravy	Vegetable Pie  Served with Mashed Potato, 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 Ice Cream with Fruit Slices 
THURSDAY	Beef Lasagne Served with Garlic and Herb Bread Wedge	Cauliflower and Sweet Potato Masala   Served with Wholegrain Rice and Two 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	Apple and Berry Crumble served with Custard    
FRIDAY	Breaded Fish Served with Chips and Three Vegetables	Quorn Dippers  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	Strawberry Milkshake served with Fresh Fruit 

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	<p>Vegetarian Korma    Served with Wholegrain Rice</p> <p>Vegetarian Bolognese    Served with Wholemeal Pasta</p>	<p>Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch See below for details</p>	<p>Jacket Potatoes   with a choice of hot and cold fillings</p>	<p>Strawberry Ice Cream with Fruit Slices </p>
TUESDAY	<p>Sweet and Sour Chicken  Served with Wholegrain Rice</p> <p>West African Vegetable Rice   Served with Two Vegetables</p>	<p>Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch See below for details</p>	<p>Jacket Potatoes   with a choice of hot and cold fillings</p>	<p>Fruity Flapjack Bar </p>
WEDNESDAY	<p>Roast Pork Served with Roast Potatoes, Two Vegetables and Gravy</p> <p>Vegetable Pastry Roll  Served with Roast Potatoes, Two Vegetables and Gravy</p>	<p>Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch See below for details</p>	<p>Jacket Potatoes   with a choice of hot and cold fillings</p>	<p>Lemon Drizzle Cake with Fruit Slices </p>
THURSDAY	<p>Beef Bolognese   Served with Wholemeal Pasta and Two Vegetables</p> <p>Vegetarian Cottage Pie   Served with Two Vegetables and Gravy</p>	<p>Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch See below for details</p>	<p>Jacket Potatoes   with a choice of hot and cold fillings</p>	<p>Carrot Cake with Citrus Frosting and Fruit Slices </p>
FRIDAY	<p>Breaded Fish Served with Chips and Three Vegetables</p> <p>Quorn Dippers  Served with Chips and Three Vegetables</p>	<p>Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Packed Lunch See below for details</p>	<p>Jacket Potatoes   with a choice of hot and cold fillings</p>	<p>Chocolate Milkshake served with a Chocolate Biscuit and Fruit Slices </p>

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