



# 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>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
JACKET POTATO	<b>Stir Fried Vegetable Rice</b> 🌱 🌿 🍷	<b>Chicken and Vegetable Korma</b> 🍷 🌿 Served with Wholegrain Rice	<b>Chicken, Vegetable and Mash Pie</b> 🍷 🌿 Served with Gravy	<b>Lamb Bolognese</b> 🍷 🌿 🍷 Served with Wholemeal Pasta	<b>Breaded Fish Fingers</b> Served with Chips
JACKET POTATO	<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	Yoghurt and Fruit	Yoghurt and Fruit	Carrot, Orange and Sultana Slice 🌱	Yoghurt and Fruit	Vanilla Ice Cream

**PACKED LUNCH AVAILABLE**  
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 🍷 Halal Available

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, 25/12, 08/01, 29/01, 19/02, 11/03, 01/04

**AUTUMN/WINTER 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<b>Cheese and Tomato Pizza</b> Served with Potato Wedges	<b>Macaroni Cheese</b>	<b>Sweet Potato and Chickpea Roast</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
JACKET POTATO	<b>Vegetarian Cottage Pie</b> Served with Gravy	<b>Chicken and Vegetable Tikka Masala</b> Served with Wholegrain Rice	<b>Roast Turkey</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
	<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>Yoghurt and Fruit</b>	<b>Yoghurt and Fruit</b>	<b>Vanilla Sponge with Custard</b>	<b>Yoghurt and Fruit</b>	<b>Strawberry Ice Cream</b>

**PACKED LUNCH AVAILABLE**  
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 Halal Available

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.



# WEEK 3

W/C: 13/11, 04/12, 25/12, 15/01, 05/02, 26/02, 18/03, 08/04

**AUTUMN/WINTER 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<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>Caribbean Chickpea Coconut Curry</b> Served with Wholegrain Rice	<b>Crispy Quorn Nuggets</b> Served with Chips
JACKET POTATO	<b>Sweet Potato Curry</b> Served with Wholegrain Rice	<b>Shepherds Pie</b> Served with Vegetables	<b>Roast Chicken</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
	<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	Yoghurt and Fruit	Yoghurt and Fruit	Orange Drizzle with Fruit	Yoghurt and Fruit	Chocolate Ice Cream with Shortbread Biscuit

**PACKED LUNCH AVAILABLE**  
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

V Vegetarian F Oily Fish W Wholegrain  
A Fruity! N Nutritionist's Choice H Halal Available

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.