



THIS WEEK'S MENU

MONDAY

Soup of the Day
Super Green Leek & Potato

Main Course
Chick Chick Parmesan, Garlic
Crispy Chicken Tomato Salsa

Meat-Free
Tweeny Weeny Cheesy Red
Onion Tart & Kale Pesto

Sides
Baby Roasted New Potatoes
Brilliant Broccoli
Sweetcorn

Snack Bar
Chef's Special
Baked Jacket Potato

Sweet Things
Black Forest Panna Cotta
Fresh Fruit Salad Pots
Homemade Yoghurt Pots

TUESDAY

Soup of the Day
Mediterranean Vegetable

Main Course
Pork & Leek Sausage with
Gravy

Meat-Free
Three Bean & Lentil Vegan
Shepherd's Pie

Sides
Creamy Mash Potato
Good for You Greens
Shredded Purple Cabbage

Snack Bar
Hidden Veggie Tomato
Sauce & Penne Pasta

Sweet Things
Pear & Raspberry Oat
Crumble
Fresh Fruit Salad Pots

WEDNESDAY

Soup of the Day
Cream of Mushroom

Main Course
Beef Lasagne al Forno,
Garlic Bread

Meat-Free
Individual Quorn Sausage
Toad in The Hole & Gravy

Sides
Baked Potato Wedges
Baton Carrots
Green Beans

Snack Bar
Chef's Special
Baked Jacket Potato

Sweet Things
Seeded Granola Bars
Fresh Fruit Salad Pots
Homemade Yoghurt Pots

THURSDAY

Soup of the Day
Sweet Potato & Carrot

Main Course
Sweet & Sour Turkey
Meatballs, Onion, Coriander

Meat-Free
Mild Thai Green Coconut &
Butternut Squash Curry

Sides
Steamed Basmati Rice
Stir Fried Greens
Baby Corn

Snack Bar
Saucy Sausage Spiral Pasta

Sweet Things
Sticky Toffee Pudding
Fresh Fruit Salad Pots
Homemade Yoghurt Pots

FRIDAY

Soup of the Day
Classic Tomato & Basil

Main Course
Squishy Salmon Fishcake,
Lemon Mayonnaise

Meat-Free
Mega Macaroni Cheese &
Green Pesto

Sides
Thick Cut Chips
Peas/ Mushy Peas
Baked Beans

Snack Bar
Chef's Special
Baked Jacket Potato

Sweet Things
American Style Cookie
Fresh Fruit Salad Pots
Homemade Yoghurt Pots





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Monday

Soup of the Day
Broccoli & Stilton

Main Course
Mild Lamb Korma, Mango
Chutney & Poppadums

Meat-Free
Hidden Beans Chilli Nacho,
Tomato Sauce & Sour Cream

Sides
Boiled Basmati Rice
Cumin Fried Cauliflower
Roasted Aubergine

Snack Bar
Chef's Special
Baked Jacket Potato

Sweet Things
Beetroot Brownie
Fresh Fruit Salad Pots
Homemade Yoghurt Pots

Tuesday

Soup of the Day
Cauliflower

Main Course
Handmade Pork & Apple
Sausage Roll

Meat-Free
Easy Cheesy Courgette
Frittata, Crispy Kale

Sides
Sweet Potato Chips
Baked Beans
Broccoli

Snack Bar
Penne in White Sauce

Sweet Things
Orange & Mandarin Jelly
Fresh Fruit Salad Pots
Homemade Yoghurt Pots

Wednesday

Soup of the Day
Curried Vegetable

Main Course
Classic Italian Beef
Bolognese, Garlic Bread

Meat-Free
Sundried & Spinach Baby
Mozzarella Lasagne

Sides
Spaghetti
Garden Peas
Roasted Peppers

Snack Bar
Chef's Special
Baked Jacket Potato

Sweet Things
Treacle Tart
Fresh Fruit Salad Pots
Homemade Yoghurt Pots

Thursday

Soup of the Day
Roast Red Pepper

Main Course
Roast Chicken Forestier,
Crispy Root Veg Chips

Meat-Free
Quorn & Bean Pie with
Roasted Root Veg

Sides
Boiled New Potatoes
Wilted Greens
Herby Carrots

Snack Bar
Penne Arrabbiata

Sweet Things
Rich Chocolate Cake
Fresh Fruit Salad Pots
Homemade Yoghurt Pots

Friday

Soup of the Day
Cheeky Chicken & Corn

Main Course
Breaded Fillet of Fish,
Tomato Sauce

Meat-Free
Open Vegan Lentil & Beet
Burger with Pico de Gallo

Sides
Hand Cut Chips
Peas/ Mushy Peas
Baked Beans

Snack Bar
Chef's Special
Baked Jacket Potato

Sweet Things
Apple & Blackberry Crumble
Fresh Fruit Salad Pots
Homemade Yoghurt Pots





THIS WEEK'S MENU

Monday

Soup of the Day
Classic Minestrone

Meat Free Monday
Macaroni, Fusilli
Wild Mushroom Sauce

Meat-Free
Tomato Ragu, Ricotta Spinach
& Artichoke Spaghetti

Sides
Focaccia Garlic Bread
Courgette Tomato Oregano
Roasted Sweet Peppers

Snack Bar
Chef's Special
Baked Jacket Potato

Sweet Things
Lemon & Yoghurt Drizzle Cake
Fresh Fruit Salad Pots
Homemade Yoghurt Pots

Tuesday

Soup of the Day
Carrot & Coriander

Main Course
Slow cooked Beef Brisket
Cottage Pie with Root Veg

Meat-Free
Autumn Leek Potato &
Cheddar Sausage Roll

Sides
Colcannon
Tender Heart Cabbage
Swede & Carrot Mash

Snack Bar
Garlic Basil Tomato Sauce
Penne Pasta

Sweet Things
Banana Custard
Fresh Fruit Salad Pots
Homemade Yoghurt Pots

Wednesday

Soup of the Day
Roasted Butternut Squash

Main Course
Oriental Soy, Sweet Chilli,
Coriander Chicken Fillet

Meat-Free
Vegan Italian Sweet Potato
Crust Pizza Margarita

Sides
Egg Noodles
Julienne Carrots
Sugar Snap Peas

Snack Bar
Chef's Special
Baked Jacket Potato

Sweet Things
Fruits of the Forest Crumble
Fresh Fruit Salad Pots
Homemade Yoghurt Pots

Thursday

Soup of the Day
Autumn Root Vegetable

Main Course
Honey Mustard Glazed Roast
Gammon, Pan gravy

Meat-Free
Easy Peasy Parmesan & Plum
Tomato Vegetable Risotto

Sides
Rosemary Roast Potatoes
Good for You Broccoli
Maple Roast Parsnips

Snack Bar
Vegan Red Lentil Spaghetti
Bolognaise

Sweet Things
Crème Caramel
Fresh Fruit Salad Pots
Homemade Yoghurt Pots

Friday

Soup of the Day
Red Lentil & Tomato

Main Course
Cajun Turkey Burger,
Minted Avocado Yoghurt

Meat-Free
Tofu & Sweet Chilli Rainbow
Stir-fry, Prawn Crackers

Sides
Sweet Potato Fries
Sweetcorn
Baked Beans

Snack Bar
Chef's Special
Baked Jacket Potato

Sweet Things
Crunchie Rice Bar
Fresh Fruit Salad Pots
Homemade Yoghurt Pots

