

Week 1

WEEK COMMENCING: 30TH OCT / 20TH NOV / 11TH DEC / 1ST JAN / 22ND JAN / 5TH MAR / 26TH MAR

MONDAY

Chicken Sausage with Mashed Potato & Gravy

✓ Vegetarian Sausage with Mash & Gravy

✓ Vegetable Chickpea Jambalaya

Carrots
Green Beans

Apple & Berry Sponge with Custard

TUESDAY

Cottage Pie

✓ Vegetable & Bean Neapolitan Pasta

✓ Sweet Potato & Lentil Curry with Rice

Broccoli
Cauliflower

Apple & Cinnamon Pie with Vanilla Sauce

WEDNESDAY

Roast Turkey with Roast Potatoes & Gravy

✓ Butternut Squash & Chickpea Patty with Roast Potatoes

Jacket Potato with Tuna Mayo

Swede
White Cabbage

Frozen Strawberry Yoghurt

THURSDAY

Meat Feast Pizza

✓ Margherita Pizza

✓ Cheese & Tomato Pasta Bake

Roasted Vegetables
Winter Slaw

Berry Muffin

FRIDAY

✓ Battered Fish & Chips

✓ Broccoli & Cauliflower Cheese Bake with Chips

✓ Cheese & Onion Pasty with Chips

Baked Beans
Peas

Fruity Flapjack

Week 2

WEEK COMMENCING: 6TH NOV / 27TH NOV / 18TH DEC / 8TH JAN / 19TH FEB / 12TH MAR

MONDAY

Beef Spaghetti Bolognese

✓ Winter Vegetable Puff with Crushed New Potatoes

✓ Jacket Potato with Coleslaw

Carrots
Minted Peas

Oat & Raisin Biscuit

TUESDAY

Jerk Chicken with Rice & Peas

✓ Macaroni Cheese

✓ Vegetable Bean Chilli with Rice

Green Beans
Sweetcorn

Peach Upside Down Cake with Custard

WEDNESDAY

Roast Beef with Roast Potatoes & Gravy

✓ Vegetable Ragu with Roast Potatoes

✓ Shepherdess Pie

Braised Cabbage
Vegetable Medley

Jam & Coconut Sponge with Custard

THURSDAY

Meat Feast Pizza

✓ Margherita Pizza

✓ Lentil & Bean Neapolitan Pasta

Fruit Coleslaw

Pear & Chocolate Pudding with Chocolate Sauce

FRIDAY

✓ Battered Fish & Chips

✓ Jacket Potato with Cheese

Baked Salmon with Boiled Potatoes

Baked Beans
Peas

Jelly & Ice Cream

Week 3

WEEK COMMENCING: 13TH NOV / 4TH DEC / 15TH JAN / 5TH FEB / 26TH FEB / 19TH MAR

MONDAY

Vegetable Bolognese with Pasta

✓ Pea & Mushroom Risotto

✓ Mozzarella & Tomato Puff with Boiled Potatoes

Carrots
Green Beans

Toffee Apple Crumble with Custard

TUESDAY

Beef Chilli Con Carne with Rice

✓ Neapolitan Pasta

✓ Cauliflower Cheese with Boiled Potatoes

Broccoli
Roasted Vegetables

Shortbread Biscuit

WEDNESDAY

Roast Chicken with Roast Potatoes & Gravy

✓ Hummus & Cucumber Wrap

✓ Jacket Potato with Coleslaw

Red Cabbage
Roasted Parsnips

Peach Sponge with Custard

THURSDAY

BBQ Chicken Pizza

✓ Margherita Pizza

✓ Jamaican Rice & Peas Burrito

Coleslaw
Salad

Fruity Flapjack

FRIDAY

✓ Fish Fingers & Chips

✓ Spicy Bean Burger with Chips

✓ Sweet Potato & Lentil Curry with Rice

Baked Beans
Peas

Frozen Toffee Yoghurt

The Guide to Goodness



Many of our homemade desserts contain at least 50% fruit!



The fish we serve is from well-managed and sustainable fisheries.



Over 75% of our dishes are made fresh on site today from fresh ingredients.



We use wholegrain flour and serve wholemeal bread.



Where possible we use ingredients sourced from local producers.