

# Week 1

WEEK COMMENCING: 4TH SEPT, 25TH SEPT, 16TH OCT, 13TH NOV, 4TH DEC, 8TH JAN, 29TH JAN, 26TH FEB, 19TH MAR

## MONDAY

- V Pork Sausage with Mash & Gravy
- V Vegetarian Sausage with Mash & Gravy
- V Jacket Potato with Tuna Mayonnaise
- V Sandwich with Cheese, Ham or Tuna Mayonnaise
- V Carrots & Green Beans
- V Eves Pudding & Custard

## TUESDAY

- V Beef & Onion Pie with Boiled Potatoes
- V Neapolitan Pasta
- V Jacket Potato with Cheese
- V Sandwich with Cheese, Ham or Tuna Mayonnaise
- V Broccoli & Sweetcorn
- V Rice Crispy Bun

## WEDNESDAY

- V Roast Chicken with Roast Potatoes, Stuffing & Gravy
- V Vegetable Curry with Rice
- V Jacket Potato with Cheese & Coleslaw
- V Sandwich with Cheese, Ham or Tuna Mayonnaise
- V Green Vegetable Medley
- V Lemon Muffin

## THURSDAY

- V Beef Lasagne
- V Margherita Poppye Pizza with Potato Wedges
- V Jacket Potato with Tuna Mayonnaise & Sweetcorn
- V Sandwich with Cheese, Ham or Tuna Mayonnaise
- V Broccoli & Carrots
- V Iced Sponge

## FRIDAY

- V Fish Fingers & Chips
- V Vegetarian Pasta Bolognese
- V Jacket Potato with Baked Beans
- V Sandwich with Cheese, Ham or Tuna Mayonnaise
- V Baked Beans & Peas
- V Apple & Berry Sponge with Custard

# Week 2

WEEK COMMENCING: 11TH SEPT, 2ND OCT, 23RD OCT, 20TH NOV, 11TH DEC, 15TH JAN, 5TH FEB, 5TH MAR

## MONDAY

- V Beef Burger in a Bun
- V Broccoli & Cauliflower Cheese Bake
- V Jacket Potato with Baked Beans
- V Sandwich with Cheese, Ham or Tuna Mayonnaise
- V Green Beans & Sweetcorn
- V Peach Sponge & Custard

## TUESDAY

- V Beef Pasta Bolognese
- V Vegetarian Italian Wrap
- V Jacket Potato with Cheese
- V Sandwich with Cheese, Ham or Tuna Mayonnaise
- V Broccoli & Carrots
- V Chocolate Cracknell

## WEDNESDAY

- V Roast Gammon with Roast Potatoes & Gravy
- V Lentil & Mushroom Loaf with Roast Potatoes & Gravy
- V Jacket Potato with Tuna Mayonnaise & Sweetcorn
- V Sandwich with Cheese, Ham or Tuna Mayonnaise
- V Green Vegetable Medley
- V Pear & Chocolate Pudding with Chocolate Sauce

## THURSDAY

- V Chicken Korma with Rice
- V Potato & Vegetable Pie
- V Jacket Potato with Cheese & Coleslaw
- V Sandwich with Cheese, Ham or Tuna Mayonnaise
- V Peas & Sweetcorn
- V Jam & Coconut Sponge with Custard

## FRIDAY

- V Battered Fish & Chips
- V Bean & Cheese Wrap
- V Jacket Potato with Cheese
- V Sandwich with Cheese, Ham or Tuna Mayonnaise
- V Baked Beans & Peas
- V Flapjack

# Week 3

WEEK COMMENCING: 18TH SEPT, 9TH OCT, 6TH NOV, 27TH NOV, 18TH DEC, 22ND JAN, 19TH FEB, 12TH MAR

## MONDAY

- V Pork Sausage in a Roll
- V Mexican Rice Wrap
- V Jacket Potato with Tuna Mayonnaise & Sweetcorn
- V Sandwich with Cheese, Ham or Tuna Mayonnaise
- V Peas & Sweetcorn
- V Berry Sponge with Berry Sauce

## TUESDAY

- V Savoury Mince with Roast Potatoes & Yorkshire Pudding
- V Cheese & Onion Pastry with Roast Potatoes
- V Jacket Potato with Salmon Mayonnaise
- V Sandwich with Cheese, Ham or Tuna Mayonnaise
- V Carrots & Cauliflower
- V Shortcake

## WEDNESDAY

- V Roast Turkey with Mash & Gravy
- V Vegetarian Cottage Pie
- V Jacket Potato with Tuna Mayonnaise
- V Sandwich with Cheese, Ham or Tuna Mayonnaise
- V Cabbage & Carrots
- V Pear & Vanilla Sponge with Custard

## THURSDAY

- V BBQ Chicken Pizza with Potato Wedges
- V Margherita Pasta
- V Jacket Potato with Baked Beans
- V Sandwich with Cheese, Ham or Tuna Mayonnaise
- V Green Vegetable Medley
- V Chocolate Muffin

## FRIDAY

- V Fish Fingers & Chips
- V Vegetarian Chilli & Rice
- V Jacket Potato with Cheese
- V Sandwich with Cheese, Ham or Tuna Mayonnaise
- V Baked Beans & Peas
- V Lemon Drizzle Cake

## 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.