

# WEEK 3

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

|                                                                                                                                                                                                                                                     | MONDAY                                                                                                                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                                                                                                                              | WEDNESDAY                                                                                                                                                                                                                                          | THURSDAY                                                                                                                                                                                                                              | FRIDAY                                                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| HOT MAINS                                                                                                                                                                                                                                           | <b>Cheese and Tomato Pizza</b> <br>Served with Potato Wedges                                                                                                                                                     | <b>Cottage Pie</b>                                                                                                                                 | <b>Roast Pork</b><br>Served with Roast Potatoes and Gravy                                                                                                                                                                                          | <b>Chicken and Vegetable Korma</b>  <br>Served with Wholegrain Rice | <b>Southern Fried Chicken</b><br>Served with Chips                                                                                                                                                                                       |
|                                                                                                                                                                                                                                                     | <b>Chilli No Carne with Crispy Tortilla</b>    | <b>Cauliflower Macaroni Cheese</b>   <br>Served with Garlic Bread | <b>Sweet Potato and Chickpea Roast</b>  <br>Served with Roast Potatoes and Gravy | <b>Sweet and Sour Vegetables</b>  <br>Served with Wholegrain Rice   | <b>Crispy Quorn Nuggets</b> <br>Served with Chips                                                                                                     |
| JACKET POTATO                                                                                                                                                                                                                                       | <b>Jacket Potatoes</b>  <br>with a choice of hot and cold fillings                                                              | <b>Jacket Potatoes</b>  <br>with a choice of hot and cold fillings                                                                                 | <b>Jacket Potatoes</b>  <br>with a choice of hot and cold fillings               | <b>Jacket Potatoes</b>  <br>with a choice of hot and cold fillings  | <b>Jacket Potatoes</b>  <br>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>Magic Apple and Cinnamon Bake</b>                                                                                                                                                                           | <b>Strawberry Jelly</b>                                                                                                                                                                                                                                                                                              | <b>Orange Drizzle with Fruit</b>                                                                                                                                | <b>Pineapple Upside Down Cake with Custard</b>                                                                                                                                                                                        | <b>Chocolate Ice Cream with Shortbread Biscuit</b>                                                                                                                                                                                       |

## PACKED LUNCH AVAILABLE

Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

# THREE WEEK MENU

## AUTUMN/WINTER 2023



OUR NEW MENU  
CHOSEN BY  
PARENTS AND  
CHILDREN

YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



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

# WEEK 1

W/C: 30/10, 20/11, 11/12, 01/01, 22/01, 04/03, 25/03

|                                                                                 | MONDAY                                                               | TUESDAY                                                                                             | WEDNESDAY                                                              | THURSDAY                                                                                  | FRIDAY                                                               |
|---------------------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| HOT MAINS                                                                       | <b>Cheese and Tomato Pizza</b> ♡<br>Served with Potato Wedges        | <b>Classic Beef Burger</b> ♡ ♡<br>Served with Potato Wedges                                         | <b>Chicken, Vegetable and Mash Pie</b> ♡<br>Served with Gravy          | <b>Beef Bolognese</b> ♡ ♡<br>Served with Wholewheat Pasta and Garlic and Herb Bread       | <b>Breaded Fish Fingers</b><br>Served with Chips                     |
|                                                                                 | <b>Stir Fried Vegetable Rice</b> ♡ ♡ ♡<br>Served with Gravy          | <b>Vegetarian Burger</b> ♡ ♡<br>Served with Potato Wedges                                           | <b>Vegetable Pastry Roll</b> ♡<br>Served with Roast Potatoes and Gravy | <b>Vegetarian Bolognese</b> ♡ ♡<br>Served with Wholewheat Pasta and Garlic and Herb Bread | <b>Crispy Quorn Nuggets</b> ♡<br>Served with Chips                   |
| JACKET POTATO                                                                   | <b>Jacket Potatoes</b> ♡ ♡<br>with a choice of hot and cold fillings | <b>Jacket Potatoes</b> ♡ ♡<br>with a choice of hot and cold fillings, including Salmon Mayonnaise 🐟 | <b>Jacket Potatoes</b> ♡ ♡<br>with a choice of hot and cold fillings   | <b>Jacket Potatoes</b> ♡ ♡<br>with a choice of hot and cold fillings                      | <b>Jacket Potatoes</b> ♡ ♡<br>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>Beetroot Brownie</b>                                              | <b>Crispy Crackle Bar with Chocolate Custard</b> 🍌                                                  | <b>Banana Cake</b> 🍌                                                   | <b>Original Flapjack</b>                                                                  | <b>Vanilla Ice Cream</b>                                             |

## PACKED LUNCH AVAILABLE

Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

# WEEK 2

W/C: 06/11, 27/11, 18/12, 08/01, 29/01, 19/02, 11/03

|                                                                                 | MONDAY                                                               | TUESDAY                                                              | WEDNESDAY                                                                         | THURSDAY                                                                    | FRIDAY                                                               |
|---------------------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------|----------------------------------------------------------------------|
| HOT MAINS                                                                       | <b>Cheese and Tomato Pizza</b> ♡<br>Served with Potato Wedges        | <b>Turkey Con Chilli</b> ♡<br>Served with Wholegrain Rice            | <b>Roast Beef</b><br>Served with Roast Potatoes and Gravy                         | <b>Sausage Pasta Bake</b><br>Served with Garlic and Herb Bread              | <b>Breaded Fish Fingers</b><br>Served with Chips                     |
|                                                                                 | <b>Vegetarian Cottage Pie</b> ♡ ♡<br>Served with Gravy               | <b>Macaroni Cheese</b> ♡ ♡ ♡                                         | <b>Cheesy Leek and Carrot Crumble</b> ♡ ♡<br>Served with Roast Potatoes and Gravy | <b>Vegetarian Sausage Pasta Bake</b> ♡<br>Served with Garlic and Herb Bread | <b>Crispy Quorn Nuggets</b> ♡<br>Served with Chips                   |
| JACKET POTATO                                                                   | <b>Jacket Potatoes</b> ♡ ♡<br>with a choice of hot and cold fillings | <b>Jacket Potatoes</b> ♡ ♡<br>with a choice of hot and cold fillings | <b>Jacket Potatoes</b> ♡ ♡<br>with a choice of hot and cold fillings              | <b>Jacket Potatoes</b> ♡ ♡<br>with a choice of hot and cold fillings        | <b>Jacket Potatoes</b> ♡ ♡<br>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>Apple Crumble with Custard</b> 🍌                                  | <b>Crunchy Chocolate Biscuit</b>                                     | <b>Chocolate and Vanilla Marble Cake</b>                                          | <b>Carrot Cake</b> 🍌                                                        | <b>Strawberry Ice Cream</b>                                          |

## AVAILABLE EVERY DAY

Water, salad, freshly baked bread, yoghurt & fresh fruit

♡ Vegetarian 🐟 Oily Fish 🍌 Wholegrain 🍌 Fruity! ♡ Nutritionist's Choice