

**Week 1** WEEK COMMENCING: 4TH NOV/ 25TH NOV/ 15TH DEC/ 20TH JAN/ 10TH FEB/ 9TH MAR/ 30TH MAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Quorn Sausage with Mash & Gravy	Cottage Pie	Roast Chicken with Roast Potatoes & Gravy	BBQ chicken pizza	Fish Fingers & Chips
Chicken & Vegetable Taggine with Couscous	Macaroni Cheese	Roast Quorn with Roast Potatoes & Gravy	Margherita Pizza	Quorn Nuggets & Chips
Jacket Potato & Tuna	Thai Vegetable Noodles	Jacket Potato & Cheese	Jacket Potato & Baked Beans	Cheese & Tomato Pin Wheel & Chips
Carrots Sweetcorn	Vegetable Medley	Broccoli Carrots	Sweetcorn Salad	Peas Baked Beans
Pear & Berry Pie with Ice Cream	Fruity Ice Lolly	Fruity Flapjack	Carrot Cake	Strawberry jelly & Pochies

**Week 2** WEEK COMMENCING: 11TH NOV/ 2ND DEC/ 6TH JAN/ 27TH JAN/ 24TH FEB/ 16TH MAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausages & Wedges	Penne Pasta Bolognese	Roast Gammon with Roast Potatoes & Gravy	Margherita Pizza	Fish fingers & Chips
Vegetable Chilli Con Carne & Wedges	Oriental Honey Soya Strips & Rice	Roast Veg & Lentil Loaf with Roast Potatoes & Gravy	Vegetable Chow Mein	Roast Vegetable & Cheese Fritata with Chips
Quorn Frankfurter & Wedges	Jacket Potato & Bolognese or Cheese	Jacket Potato & Cheese	Vegetable Biryani	Jacket Potato & Baked Beans or Cheese
Peas Carrots	Green beans sweetcorn	Cabbage Carrots	Sweetcorn Salad	Peas Baked Beans
Lemon & Courgette Cake	Apple & Banana Cake	Vanilla & Chocolate Mousse	Peach Upside-down Cake	Lemon Shortbread

**Week 3** WEEK COMMENCING: 18TH NOV/ 9TH DEC/ 13TH JAN/ 3RD FEB/ 2ND MAR/ 23RD MAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausages with Gravy & Mash	Mild Chicken Korma & Rice	Roast Chicken with Roast Potatoes & Gravy	Ham Pizza	Fish Fingers & Chips
Cheese & Bean Fajita	Macaroni Cheese	Roast Soya Strips with Roast Potatoes & Gravy	Margherita Pizza	Salmon & Broccoli Quiche with Chips
Jacket Potato & Baked Beans	Jacket Potato & Tuna or Cheese	Cheese & Ham Melt	Jacket Potato & Baked Beans or Cheese	Quorn Burger & Chips
Peas Carrots	Green beans cauliflower	Roasted Root Vegetables Broccoli	Sweetcorn Salad	Peas Baked Beans
Apple Crumble & Custard	Chocolate Tiffin	Pear and Chocolate Sponge	Strawberry jelly & Ice Cream	Our Dream Cookie

*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.