

Week 1 WEEK COMMENCING: 4TH NOV / 25TH NOV / 16TH DEC / 20TH JAN / 10TH FEB / 9TH MAR / 30TH MAR

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausages & Wedges Vegetable Chilli Con Carne & Wedges Quorn Frankfurter & Wedges	Penne Pasta Bolognaisse Oriental Honey Soya Strips & Rice Jacket Potato & Bolognaisse or Cheese	Roast Garmmon with Roast Potatoes & Gravy Roast Veg & Lentil Loaf with Roast Potatoes & Gravy Jacket Potato & Cheese	Margherita Pizza Vegetable Chow Mein Vegetable Biryani	Fish fingers & Chips Roast Vegetable & Cheese Fritata with Chips Jacket Potato & Baked Beans
Peas Carrots Lemon & Courgette Cake	Green beans sweetcorn Apple & Banana Cake	Cabbage Carrots Vanilla & Chocolate Mousse	Sweetcorn Salad Peach Upside-down Cake	Peas Baked Beans 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 Cheese & Bean Fajita Jacket Potato & Baked Beans	Mild Chicken Korma & Rice Macaroni Cheese Jacket Potato & Tuna or Cheese	Roast Chicken with Roast Potatoes & Gravy Roast Soya Strips with Roast Potatoes & Gravy Cheese & Ham Melt	Ham Pizza Margherita Pizza Jacket Potato & Baked Beans	Fish Fingers & Chips Salmon & Broccoli Quiche with Chips Quorn Burger & Chips
Peas Carrots Apple Crumble & Custard	Green beans cauliflower Chocolate Tiffin	Roasted Root Vegetables Broccoli Pear and Chocolate Sponge	Sweetcorn Salad Strawberry Jelly & Ice Cream	Peas Baked Beans Oat 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.