

Week one

Week two

Week three

Monday

30/10 20/11 11/12 08/01 29/01 26/02 19/03

Choose a main meal...
 Cheese & Tomato Pizza** with Jacket Wedges ✓
 Tomato & Basil Pasta ** ✓

on the side...
 Carrots
 Peas

for dessert...
 Apple Flapjack
 Fresh Fruit or Yoghurt

Tuesday

Choose a main meal...
 Beef & Vegetable Pie with New Potatoes
 Vegetable Pie with New Potatoes ✓

on the side...
 Green Beans
 Cauliflower

for dessert...
 Tropical Crumble* with Custard
 Fresh Fruit or Yoghurt

Wednesday

Choose a main meal...
 Roast Turkey with Roast Potatoes & Gravy
 Cheese & Potato Bake ✓

on the side...
 Seasonal Cabbage
 Roast Parsnips

for dessert...
 Apple & Pear Strudel* with Custard
 Fresh Fruit or Yoghurt

Thursday

Choose a main meal...
 All Day Breakfast with a Bread Wedge
 Vegetable Noodle Stir Fry ✓

on the side...
 Broccoli
 Sweetcorn

for dessert...
 Fruit in Jelly
 Fresh Fruit or Yoghurt

Friday

Choose a main meal...
 Crispy Fish & Chips
 Veggie Hot Dog & Chips ✓

on the side...
 Baked Beans
 Carrots & Peas

for dessert...
 Chocolate & Banana Muffin
 Fresh Fruit or Yoghurt

06/11 27/11 18/12 15/01 05/02 05/03 26/03

Choose a main meal...
 Mac 'N' Cheese ✓ Macaroni Cheese
 Veggie Balls in Tomato Sauce with Rice ** ✓

on the side...
 Broccoli
 Carrots

for dessert...
 Chocolate, Mandarin Cake* Chocolate Sauce
 Fresh Fruit or Yoghurt

Choose a main meal...
 Pork Sausages with Creamy Mash & Gravy
 Vegetarian Sausages with Creamy Mash & Gravy ✓

on the side...
 Sweetcorn
 Seasonal Cabbage

for dessert...
 Oatie Biscuit with Fruit Slices
 Fresh Fruit or Yoghurt

Choose a main meal...
 Roast Chicken with Roast Potatoes & Gravy
 Quorn Roast with Roast Potatoes & Gravy ✓

on the side...
 Peas
 Swede

for dessert...
 Apple & Cinnamon Muffin*
 Fresh Fruit or Yoghurt

Choose a main meal...
 Mild Beef Chilli with Rice**
 Crunchy Topped Italian Bake ✓

on the side...
 Sweetcorn
 Green Beans

for dessert...
 Carrot Cake with Pineapple
 Fresh Fruit or Yoghurt

Choose a main meal...
 Golden Fish Fingers & Chips
 Quorn Burger & Chips ✓

on the side...
 Baked Beans
 Carrots & Peas

for dessert...
 Strawberry Cheesecake
 Fresh Fruit or Yoghurt

13/11 04/12 01/01 22/01 12/02 12/03

Choose a main meal...
 Mozzarella & Tomato Pizza ** with Oven Baked Wedges ✓
 Quorn Sausage & Tomato Pasta Bake ** with a Bread Wedge ✓

on the side...
 Peas
 Carrots

for dessert...
 Strawberry Frozen Yoghurt
 Fresh Fruit or Yoghurt

Choose a main meal...
 Chicken Tikka Thigh with Rice
 Shepherdess Pie ✓ Veggie Mince topped with Mash

on the side...
 Broccoli
 Sweetcorn

for dessert...
 Crunchy Apple Crumble* with Custard
 Fresh Fruit or Yoghurt

Choose a main meal...
 Honey Roast Gammon with Roast Potatoes & Gravy
 Cheese & Sweetcorn Quiche with Roast Potatoes ✓

on the side...
 Roast Parsnips
 Cauliflower

for dessert...
 Gingerbread Cake* with Fresh Fruit
 Fresh Fruit or Yoghurt

Choose a main meal...
 Beef Cobbler Tender Braised Beef with a Light Pastry Top & Mash
 Veggie Bolognese with Wholemeal Pasta** ✓

on the side...
 Green Beans
 Sweetcorn

for dessert...
 Strawberry Jam & Coconut Sponge with Custard
 Fresh Fruit or Yoghurt

Choose a main meal...
 Golden Fish Fingers or Crispy Salmon Fillet *** & Chips
 Veggie Quesadilla & Chips ✓

on the side...
 Baked Beans
 Carrots & Peas

for dessert...
 Banana Loaf
 Fresh Fruit or Yoghurt

Our chicken and milk are Red Tractor approved



WE BUY 95% of our seasonal vegetables direct from British growers



ALL OUR BEEF is from THE UK OR IRELAND

FRESH SALAD IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER 30% of our products are transported by vehicles that run on biodiesel

FAIRTRADE All our bananas are FAIRTRADE



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Cool water, organic milk, fruit juice served daily. *Fruit based **Wholegrain ***Oily fish Sandwiches and jacket potatoes with a choice of fillings available daily. Wherever possible we cater for special dietary requests, please speak to your Catering Manager.



WE SUPPORT 82 BRITISH DAIRY FARMS



We only use Lion Quality British Eggs



FARM TO FORK We can trace every cut of meat back to the farms of origin

ALL OUR BREAD IS FRESHLY BAKED EVERY DAY