




MONDAY

Tomato Pasta  or Sandwiches with a choice of fillings

Jacket Potato with a choice of fillings 


Cheese and Tomato Pizza with Dough Balls   Cheese and Tomato Pizza with Dough Balls

Fresh Carrots and Sweetcorn

PICK A PUDD!

Flapjack with Fruit Slices 

TUESDAY

Tomato Pasta  or Sandwiches with a choice of fillings

Jacket Potato with a choice of fillings 


Sausage and Mash with Gravy Sausage and mash with rich gravy

Allegra's Oodles of Noodles   Delicious noodles with tofu and veggies

Peas and Fresh Broccoli

Peach Shortbread Pudding with Custard 

WEDNESDAY

Tomato Pasta  or Sandwiches with a choice of fillings

Jacket Potato with a choice of fillings 


Roast Chicken with Roast Potatoes & Gravy Succulent roast chicken with fluffy roasties

Creamy Vegetable Pie with Roast Potatoes and Gravy  Creamy vegetable pie with a cheesy shortcrust topper

Fresh Carrots and Fresh Cabbage

Raspberry Yoghurt Cake

THURSDAY

Tomato Pasta  or Sandwiches with a choice of fillings


Jacket Potato with a choice of fillings 

Mild Chickpea and Potato Curry   A tasty mild chickpea and potato curry


Fresh Green Beans and Sweetcorn

Fruity Chocolate Brownie

FRIDAY

Tomato Pasta  or Sandwiches with a choice of fillings

Jacket Potato with a choice of fillings 

Tomato Veggie Burger and Chips   A scrummy tomato veggie burger in a soft bap

Baked Beans Fresh Carrots and Peas

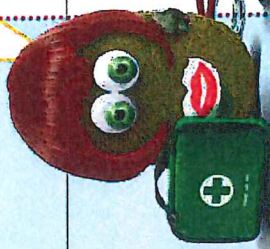
Vanilla Ice Cream with Fruit Slices

DAILY FAVOURITES...

Try something different!

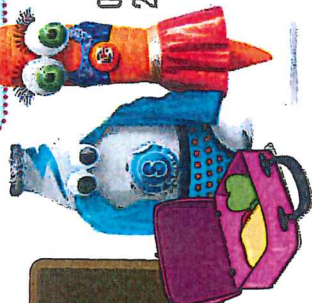
Trying new and different foods is a great way of getting all the nutrition your body needs

Available every day!
Cool water
Salad
Freshly baked bread
Yoghurt
Fresh fruit

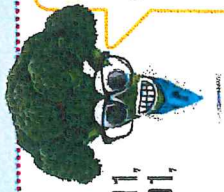







SALADS...

A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad



WEEKS COMMENCING;
06/09, 27/09, 18/10, 08/11,
29/11, 20/12, 10/01, 31/01,
21/02, 14/03, 04/04



Look out for these symbols for our super healthy dishes:  Nutritionist's Choice  Fruity!  Wholegrain  Oily fish  Fruity!

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Allergy? Speak to our kitchen for help

