

w/c 7th October, 28th October, 18th November, 9th December, 30th December, 20th January, 10th February

WEEK ONE

MONDAY Authentic Italian

Cheese and Tomato Pasta Bake v

Wholewheat penne with the ultimate tomato sauce topped with cheese

Main
Event

Quorn Meatballs and Spaghetti v

Quorn meatballs in a tasty tomato sauce with wholewheat spaghetti

Vegetarian
Section

TUESDAY Family Faves

All Day Breakfast ▲

Grilled sausage, egg, beans, tomato and hash brown

Veggie All Day Breakfast v

Veggie sausage, egg, beans, tomato and hash brown

WEDNESDAY Baking British

Roast Chicken and Gravy with Mash ▲

Chicken fillets with mash, stuffing and gravy

Quorn Roast and Gravy with Mash v

Quorn roast with mash, sage and onion stuffing and gravy

THURSDAY Food Festival

Chicken Curry and Rice ▲

Marinated chicken thigh pieces in a buttery curry sauce with rice

Cauliflower and Lentil Jalfrezi and Rice v

Lightly spiced cauliflower and lentil curry with rice

FRIDAY Fun Day

Salmon Fish Fingers and Chips

MSC salmon fish fingers with chips and peas

Cheese and Bean Wrap and Chips v

Half a wholewheat wrap stuffed with baked beans and cheese

Jacket Potatoes

Jacket Potato with Toppings ◆

Italian Crumble Cake

Crumble base filled with apples topped with even more crumble

The Finale

Winter Sponge

Orange and cinnamon sponge with a twist!

Fruity Loaf

Mixed dried fruit cake with soft brown sugar and cinnamon

New York Cheesecake

Baked cheesecake with fruit topping

Lemon Cookie

Zesty lemon cookie with juicy fruit

THEME
DAYS

Trip to
France

Italian Day
Out

Try our
Scottish
Menu

We offer seasonal
vegetables, bread,
yoghurt and
fruit daily.
(allergy information
is available)

w/c 14th October, 4th November, 25th November, 16th December, 6th January, 27th January, 17th February

WEEK TWO

MONDAY Authentic Italian

**Cheese and Tomato
Pizza** v
Pizza topped with
tomato sauce and
cheese

Main
Event

TUESDAY Family Faves

**Beef
Lasagne** ▲
Layers of pasta with
minced beef and
tomato sauce topped
with cheese

WEDNESDAY Baking British

**Sausage with
Mash** ▲
Pork sausage with mash
and gravy

THURSDAY Food Festival

**Chicken
Fajitas** ▲
Marinated chicken
with sliced vegetables,
rice and a wheat wrap

FRIDAY Fun Day

**Golden Fish Fingers
and Chips**
MSC pollock
fish fingers with chips

Tomato and Roasted Veggie Risotto

 v

Roasted peppers,
courgettes and
tomatoes with
edamame beans and
rice

Vegetarian
Section

Vegetable Lasagne

 v

Layers of pasta with
vegetables and
tomato sauce topped
with cheese

Quorn Sausage with Mash

 v

Quorn sausage with
Mash and gravy

Quorn Fajitas

 v

Marinated Quorn with
sliced vegetables, rice
and a wheat wrap

Sticky Onion and Cheddar Quiche and Chips

 v

Wholemeal pastry
with a caramelised
onion and cheddar
filling.

Jacket Potatoes

Jacket Potato with Toppings

Tiramisu

Soft cheese and
cream layers with
sponge and cocoa

The Finale

Winter Fruit Brulee

Dessert pot with berries,
cream and yoghurt
with a crunchy topping

Apple and Berry Crumble

Baked apples and
berries topped with an
oaty crumble

Mexican Chocolate Pudding

Chocolate and
cinnamon flavoured
sponge and sauce..

Ginger Cookie and Fruit Slices

Ginger Cookie with
juicy fruit

THEME
DAYS

Fairytale
Festival

Chinese New
Year

Pancake
Day

We offer seasonal
vegetables, bread,
yoghurt and
fruit daily.
(allergy information
is available)

w/c 21st October, 11th November, 2nd December, 23rd December, 13th January, 3rd February, 24th February

WEEK THREE

MONDAY Authentic Italian

TUESDAY Family Faves

WEDNESDAY Baking British

THURSDAY Food Festival

FRIDAY Fun Day

Main
Event

Macaroni Cheese

Baked cheesy pasta
with a crunchy topping

Minced Beef Pie

Minced beef and
carrot pie with gravy
and mash

Roast Chicken and Gravy with Roast Potatoes

Chicken fillets with roast
potatoes, sage and
onion stuffing and
gravy

Hot Dog and BBQ Beans

Hot Dog sausage in a
roll with BBQ flavoured
beans

Golden Fish Fingers and Chips

MSC pollock
fish fingers with chips

Vegetarian
Section

Quorn Bolognese

Quorn, vegetable and
tomato sauce with
wholewheat spaghetti

Crispy Topped Vegetarian Pie

Crunchy vegetables in
sauce with sliced
potato topping

Quorn Roast and Gravy with Roast Potatoes

Quorn Roast with
Roast potatoes, sage
and onion stuffing
and gravy

Veggie Dog and BBQ Beans

Veggie sausage in a
roll with BBQ flavoured
beans

Cheese & Tomato Pinwheel with Chips

Baked bread base
with cheese and
tomato filling with
chips

Jacket Potatoes

Jacket Potato with Toppings

Lemon Drizzle Flapjack

Oaty flapjack topped
with a lemon drizzle

Sticky Ginger Cake

Traditional sticky ginger
sponge with custard.

Fruity Rice Pudding

Chilled rice pudding
with caramelised
pineapple

Vanilla and Blueberry Blondie

Chewy, fruity traybake
with vanilla and
blueberries

Oaty Energy Cookie

Oat Cookie with juicy
fruit

The Finale

THEME
DAYS

Trip to
Wales

Best of
British

And lots
more ...

We offer seasonal
vegetables, bread,
yoghurt and
fruit daily.
(allergy information
is available)