

## Week one

30/10, 20/11, 11/12, 8/1, 29/1, 26/2, 19/3,

**Monday**  
Vegetable Supreme Pizza  
Sweetcorn, Peppers, Cheese and Tomato Pizza with Jacket Wedges, House Coleslaw and Sweetcorn  
Veggie Burgers (V)  
Vegetable Burger in a Bun with Tomato Relish, House Coleslaw and Sweetcorn  
Ice Cream Pot and Fresh Fruit Slices

**Tuesday**  
Beef and Vegetable Pie with Suet Crust  
Beef and Vegetables Topped with a Suet Crust Pastry Lid with New Potatoes, Gravy, Peas and Cauliflower  
Vegetables in Tomato Sauce (V)  
Vegetarian Meatballs in a Tomato and Basil Sauce, with Peas and Cauliflower  
Fruit in Jelly

**Wednesday**  
Roast Turkey with Crispy Potatoes  
Red Tractor Turkey with Cabbage, Carrots and Gravy  
Cheese and Potato Bake (V)  
Rich Creamy Cheese and Potato Bake with Cabbage and Carrots  
Fruity Flapjack with Yoghurt

**Thursday**  
Chinese Chicken  
Farm Assured Chicken in a Five Spiced Sauce with Egg Noodles, Broccoli and Sweetcorn  
Cheesy Pasta Bake (V)  
Vegetables in a Cheesy Sauce, Broccoli and Sweetcorn  
Pineapple and Peach Crumble with Custard

**Friday**  
MSC Battered Fish  
Crispy Battered Pollock Fillet with Chips, Baked Beans and Garden Peas  
Vegetable Chilli (V)  
Vegetable Chilli with a Jacket Potato, Baked Beans and Garden Peas  
Chocolate and Banana Slice

Our dishes contain increased levels of:

- Fruit & Vegetables
- Pulses & Wholegrains

to ensure a nutritious, balanced meal everyday.

If you don't fancy dessert, you can always enjoy fresh fruit or yoghurt

## Week two

6/11, 27/11, 18/12, 15/1, 5/2, 5/3, 26/3

**Monday**  
Super Hero Mac 'N' Cheese (V)  
Macaroni in a Cheddar Cheese Sauce with Broccoli and Crunchy Salad  
Boston Bean Casserole (V)  
BBQ Bean Casserole with Broccoli and Crunchy Salad  
Chocolate and Mandarin Sponge with Chocolate Sauce

**Tuesday**  
Bangers with a Mash Mountain  
Farm Assured Pork Sausages with Creamy Mashed Potato, Gravy, Garden Peas and Carrots  
Vegebangers with Mash Mountain (V)  
Vegetarian Sausages with Creamy Mash Potato, Gravy, Garden Peas and Carrots  
Strawberry Cheesecake

**Wednesday**  
Roast Beef with Crispy Potatoes  
Beef with Peas, Cauliflower and Gravy  
Quorn Roast with Crispy Potatoes (V)  
Quorn Roast with Peas, Cauliflower and Gravy  
Custard Biscuits

**Thursday**  
Beef Bolognaise  
Beef in an Italian Tomato Sauce with Wholegrain Rice, Sweetcorn and Broccoli  
Cauliflower Cheese (V)  
Cauliflower and Sweetcorn in a Creamy sauce, Sweetcorn and Broccoli  
Carrot and Pineapple Cake Slice

**Friday**  
MSC Fish Fingers  
Golden Cod Fillet Fish Fingers with Chips, Baked Beans and House Coleslaw  
Bean and Potato Burrito (V)  
Mexican Bean in Fajita Seasoning with Chips, Baked Beans, and House Coleslaw  
Oatie Biscuit with Fruit Slices

There is a vegetarian choice every day... and don't forget that Salad is available daily.

- Fresh baked bread available everyday

## Week three

13/11, 4/12, 1/1, 22/1, 19/2, 12/3,

**Monday**  
Sizzling Beef Pizza  
Cajun Spiced Beef Pizza with Potato Wedges, Peas and Sweetcorn  
Mild Yellow Vegetable Curry (V)  
Fresh Vegetables in a Mild Curry Sauce with Wholegrain Rice, Peas and Sweetcorn  
Strawberry Fro Yoghurt

**Tuesday**  
Chicken Casserole  
Chicken and vegetable in a white sauce with Rice, Broccoli and Salad  
Cheese and Sweetcorn Quiche (V)  
Sweetcorn and Cheese in a Shortcrust Pastry Tart with New Potatoes, Broccoli and Salad  
Mini Gingerbread Cake with Fresh Fruit

**Wednesday**  
Roast Gammon with Crispy Potatoes  
Farm Assured Gammon with Cabbage, Carrots and Gravy  
Shepherdess Pie (V)  
Veggie Mince with a Creamy Mash Top with Cabbage and Carrots  
Apple Cracknell with Custard

**Thursday**  
Pasta Bolognaise  
Beef in an Italian Tomato Sauce with Wholegrain Pasta, Roasted Vegetables and Sweetcorn  
Chinese Veggie Noodles (V)  
Vegetable Chow Mein with Egg Noodles, Roasted Vegetables and Sweetcorn  
Chocolate Sultana Crispie

**Friday**  
MSC Crispy Salmon Fillet  
Smartcrumb Salmon Fillet with Chips, Baked Beans and Peas  
Veggie Quesadilla (V)  
Mexican Vegetables in a Tortilla Wrap topped with Cheese with Chips, Baked Beans and Peas  
Shortbread Biscuits with Fruit

Our Suppliers provide the freshest local ingredients:

- Westcountry Fruit and Vegetables
- Scorse Butchers
- Trewhithen Dairy
- Proper Cornish

Keep yourself topped up with water - it will help you concentrate all day long

