

Week 1 Week commencing 7 Sept / 28 Sept / 19 Oct / 9 Nov / 30 Nov

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pork Sausages & Mash	Ham Macaroni Cheese	Cottage Pie	Chicken & Sweetcorn Pizza	Fish Fingers & Chips
Veggie	Quorn Sausages & Mash	Macaroni Cheese	Quorn Mince Cottage Pie	Margarita Pizza	Cheesy Wheel & Chips
Sides	Gravy, Peas & Carrots	Mixed Vegetables	Broccoli & Carrots	Baked Beans & Pasta Salad	Sweetcorn & Peas
Jacket	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna
Dessert	Oaty Apple Crumble & Custard Or Fresh Fruit or Yoghurt	Pear & Vanilla Sponge & Custard Or Fresh Fruit or Yoghurt	Ice Cream & Berry Compot Or Fresh Fruit or Yoghurt	Carrot Cake with Orange Cream Cheese Frosting	Chocolate Dream Cookie Or Fresh Fruit or Yoghurt

Week 2 Week commencing 14 Sept / 5 Oct / 16 Nov / 7 Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Meatballs with Homemade Sauce & Pasta	Chicken Korma & Wholegrain Rice	Sausage Casserole & Mash	Ham & Cheese Pizza with Homemade Sauce & Hidden Veg	Breaded Fish Fillet & Chips
Veggie	Quorn Bites with Homemade Sauce & Pasta	Quorn Korma & Wholegrain Rice	Quorn Sausage Casserole & Mash	Margarita Pizza with Homemade Sauce & Hidden Veg	Quorn Sausages & Chips
Sides	Broccoli & Sweetcorn	Green Beans & Carrots	Mixed Vegetables	Rainbow Salad & Peas	Mixed Vegetables
Jacket	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna
Dessert	Beetroot Chocolate Brownie Or Fresh Fruit or Yoghurt	Ice Cream & Peaches Or Fresh Fruit or Yoghurt	Pineapple Sponge & Custard Or Fresh Fruit or Yoghurt	Apple Flapjack Or Fresh Fruit or Yoghurt	Jam Sponge & Custard Or Fresh Fruit or Yoghurt

Week 3 Week commencing 21 Sept / 12 Oct / 2 Nov / 23 Nov / 14 Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Bolognese with Wholewheat Pasta	Chicken Fajita	Cheese & Ham Pasta Bake	Tuna & Sweetcorn Pizza with Homemade Sauce & Hidden Veg	Salmon Fishcake & Wedges
Veggie	Quorn Bolognese with Wholewheat Pasta	Quorn Fajita	Cheese & Tomato Pasta Bake	Margherita Pizza with Homemade Sauce & Hidden Veg	Veggie Burger & Wedges
Sides	Green Beans & Sweetcorn	Mixed Vegetables & Pasta Salad	Sweetcorn	Broccoli & Wholegrain Rice Salad	Peas & Beans
Jacket	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna
Dessert	Banana Muffin & Custard Or Fresh Fruit or Yoghurt	Jelly & Ice Cream Or Fresh Fruit or Yoghurt	Mixed Berry Muffins Or Fresh Fruit or Yoghurt	Sticky Chocolate & Courgette Slice Or Fresh Fruit or Yoghurt	Oat & Apricot Cookie Or Fresh Fruit or Yoghurt

The Guide to Goodness



Many of our homemade desserts contain at least 50% fruit or hidden veg



The fish we serve is from well-managed and sustainable fisheries



Over 75% of our dishes are made fresh on site from fresh ingredients



All our pizza and pasta sauces are homemade and have hidden veg



Where possible we use ingredients sourced from local producers