

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN MEAL



OPTION 1

1

OPTION 2

2

Cheese & Bean Lasagne



Margherita Pizza & Wedges



Vegan Lentil & Stuffing Pastry Roll



Vegetable Bolognaise with Penne Pasta



Vegan Vegetable Nuggets & Chips



Rainbow Vegetable Stir Fry Noodles



Traditional Creamy Beef Lasagne



Roast Gammon with Roast Potatoes & Gravy

Sweet & Sour Chicken & Rice



MSC Approved Fish Fingers & Chips

Carrots & Peas



Broccoli



Roasted Carrots & Parsnips



Peas



Beans



Tuna Mayo Cheese

Chicken Egg

Ham Cheese

Tuna Mayo Cheese

Egg Cheese

VEGGIES



SANDWICHES



AVAILABLE EVERY DAY Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS



Blueberry Cookie Bar



Chocolate & Banana Brownie



Strawberry Yoghurt & Strawberry Sauce



Apple & Cocoa Sponge



Raspberry Jelly



Desserts available every day - a choice of jelly, fruit or yoghurt

KEY

Nutritionist's Choice

Vegetarian

Vegan

Added Wholewheat



Monday

Tuesday

Wednesday

Thursday

Friday

MAIN MEAL



OPTION 1

OPTION 2

Margherita Pizza & Wedges



Vegan Sausage with Mashed Potatoes & Gravy



Vegan Cottage Pie & Gravy



Cheesy Cauliflower Pasta Bake



Tex-Mex Vegetable Fajita Wrap



MSC Approved Salmon Pasta Bake



Pork & Beef Sausage, Mashed Potatoes & Gravy

Roast Turkey with Roast Potatoes & Gravy

Mild Caribbean Chicken Curry & Carrot Rice



MSC Approved Fish & Chips

Peas



Carrot & Peas



Broccoli & Cauliflower



Carrot & Mixed Salad



Baked Beans



Tuna Mayo Cheese

Chicken Egg

Ham Cheese

Tuna Mayo Cheese

Egg Cheese

AVAILABLE EVERY DAY Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS



Strawberry Mousse



Oaty Apple Crumble & Custard



Original Flapjack



Chocolate & Carrot Muffin



Raspberry Jelly & Mandarins



Desserts available every day - a choice of jelly, fruit or yoghurt

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MAIN MEAL



OPTION 1

1

OPTION 2

2

Mixed Vegetable & Bean Fajita & Oven Baked Wedges



Vegan Bolognese Ragu Penne Pasta



Roast Quorn Fillet with Roast Potatoes & Gravy



Baked Creamy Mac 'N' Cheese



Vegan Sausage Roll & Chips



Chicken Pie with Mashed Potatoes & Gravy

Beef Bolognese Penne Pasta



Roast Chicken with Roast Potatoes & Gravy

Creamy Chicken Curry & Carrot Rice



MSC Approved Fish Fingers & Chips

Peas & Carrots



Sweetcorn



Broccoli & Peas



Carrot & Mixed Salad



Beans



Ham Cheese

Chicken Egg

Ham Cheese

Tuna Mayo Cheese

Egg Cheese

AVAILABLE EVERY DAY Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS



Strawberry Yoghurt & Strawberry Sauce



Mixed Berry & Apple Crumble with Custard



Orange Jelly & Mandarins



Gingerbread Squares with Custard



Garden Brownie



Desserts available every day - a choice of jelly, fruit or yoghurt

KEY

Nutritionist's Choice

Vegetarian

Vegan

Added Wholewheat

