

# Week one

# Week two

# Week three

Monday

29/10 19/11 10/12 14/01 04/02

**Choose a main meal...**  
 Mac 'N' Cheese ✓  
 Mild Potato & Chickpea Curry ✓

**on the side...**  
 Sweetcorn  
 Peas

**for dessert...**  
 Flapjack with Fruit Slices

Tuesday

**Choose a main meal...**  
 Chicken Mayo Bun with Jacket Wedges  
 Creamy Broccoli & Sweetcorn Pasta ✓

**on the side...**  
 Roasted Vegetables  
 Carrots

**for dessert...**  
 Pear & Ginger Crumble with Custard

Wednesday

**Choose a main meal...**  
 Roast Gammon with Roast Potatoes & Gravy  
 Sweet Potato & Chickpea Roast with Roast Potatoes & Gravy ✓

**on the side...**  
 Green Beans  
 Cauliflower

**for dessert...**  
 Ice Cream

Thursday

**Choose a main meal...**  
 Pasta Bolognese  
 Vegetable & Cream Cheese Crumble ✓

**on the side...**  
 Carrots  
 Broccoli

**for dessert...**  
 Brownie Cake

Friday

**Choose a main meal...**  
 Crispy Fish & Chips  
 Quorn Dippers with Chips ✓

**on the side...**  
 Baked Beans  
 Peas

**for dessert...**  
 Lemon Shortbread

05/11 26/11 17/12 21/01 11/02

**Choose a main meal...**  
 Mozzarella & Tomato Pizza ✓  
 Vegetable Biryani ✓

**on the side...**  
 Broccoli  
 Sweetcorn

**for dessert...**  
 Ice Cream

**Choose a main meal...**  
 Pork Sausages with Cheesy Mash  
 Vegetarian Sausages with Cheesy Mash ✓

**on the side...**  
 Baked Beans  
 Roasted Vegetables

**for dessert...**  
 St Clements Sponge Cake

**Choose a main meal...**  
 Roast Turkey with Roast Potatoes & Gravy  
 Cauliflower & Broccoli Cheese Bake with Roast Potatoes & Gravy ✓

**on the side...**  
 Roast Parsnip  
 Carrots

**for dessert...**  
 Oatie Biscuit with Fruit Slices

**Choose a main meal...**  
 Beef Burger with Potato Wedges  
 Vegetarian Tagine with Rice ✓

**on the side...**  
 Green Beans  
 Cauliflower

**for dessert...**  
 Apple & Berry Crumble with Custard

**Choose a main meal...**  
 Golden Fish Fingers & Chips  
 Mediterranean Tart & Chips ✓

**on the side...**  
 Baked Beans  
 Peas

**for dessert...**  
 Sultana Shortbread Biscuit

12/11 03/12 07/01 28/01

**Choose a main meal...**  
 Mozzarella & Tomato Pizza with Jacket Wedges ✓  
 Tomato & Vegetable Savoury Rice ✓

**on the side...**  
 Peas  
 Roasted Vegetables

**for dessert...**  
 Ice Cream

**Choose a main meal...**  
 Chicken & Broccoli Pie with New Potatoes  
 Creamy Tomato & Basil Pasta ✓

**on the side...**  
 Carrots  
 Green Beans

**for dessert...**  
 Raspberry Ripple Cake

**Choose a main meal...**  
 Roast Chicken with Roast Potatoes & Gravy  
 Quorn Roast with Roast Potatoes & Gravy ✓

**on the side...**  
 Seasonal Cabbage  
 Carrot & Swede Mash

**for dessert...**  
 Crunchy Chocolate Biscuit

**Choose a main meal...**  
 Traditional Beef Lasagne with Garlic & Herb Bread Wedge  
 Vegetable Korma with Rice ✓

**on the side...**  
 Broccoli  
 Sweetcorn

**for dessert...**  
 Shortbread Fingers with Fruit Slices

**Choose a main meal...**  
 Salmon Fish Fingers with Chips  
 Cod Fish Fingers with Chips  
 Baked Bean & Cheese Quesadilla with Chips ✓

**on the side...**  
 Baked Beans  
 Peas

**for dessert...**  
 Pineapple Upside Down Cake with Custard

All our milk is Red Tractor approved



WE BUY 95% of our seasonal vegetables direct from British growers



FRESH SALAD IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER 30% of our products are transported by vehicles that run on biodiesel

WE SUPPORT 82 BRITISH DAIRY FARMS



We only use Lion Quality British Eggs



FARM TO FORK We can trace every cut of meat back to the farms of origin

ALL OUR BREAD IS FRESHLY BAKED EVERY DAY

FAIRTRADE All our bananas are FAIRTRADE

