

Week one

30/10 20/11 11/12 08/01 29/01 26/02 19/03

Monday

Choose a main meal... on the side...
 Cheese & Tomato Pizza** with Jacket Wedges ✓ Carrots
 Tomato & Basil Pasta** ✓ Peas
 for dessert...
 Apple Flapjack
 Fresh Fruit or Yoghurt

Tuesday

Choose a main meal... on the side...
 Beef & Vegetable Pie with New Potatoes Green Beans
 Vegetable Pie with New Potatoes ✓ Cauliflower
 for dessert...
 Tropical Crumble* with Custard
 Fresh Fruit or Yoghurt

Wednesday

Choose a main meal... on the side...
 Roast Turkey with Roast Potatoes & Gravy Seasonal Cabbage
 Cheese & Potato Bake ✓ Roast Parsnips
 for dessert...
 Apple & Pear Strudel* with Custard
 Fresh Fruit or Yoghurt

Thursday

Choose a main meal... on the side...
 All Day Breakfast with a Bread Wedge Broccoli
 Vegetable Noodle Stir Fry ✓ Sweetcorn
 for dessert...
 Fruit in Jelly
 Fresh Fruit or Yoghurt

Friday

Choose a main meal... on the side...
 Crispy Fish & Chips Baked Beans
 Veggie Hot Dog with Chips ✓ Carrots & Peas
 for dessert...
 Chocolate & Banana Muffin
 Fresh Fruit or Yoghurt

Week two

06/11 27/11 18/12 15/01 05/02 05/03 26/03

Choose a main meal... on the side...
 Mac 'N' Cheese ✓ Macaroni Cheese Broccoli
 Veggie Balls in Tomato Sauce with Rice** ✓ Carrots
 for dessert...
 Chocolate, Mandarin Cake* Chocolate Sauce
 Fresh Fruit or Yoghurt

Choose a main meal... on the side...
 Pork Sausages with Creamy Mash & Gravy Sweetcorn
 Vegetarian Sausages with Creamy Mash & Gravy ✓ Seasonal Cabbage
 for dessert...
 Oatie Biscuit with Fruit Slices
 Fresh Fruit or Yoghurt

Choose a main meal... on the side...
 Roast Chicken with Roast Potatoes & Gravy Peas
 Quorn Roast with Roast Potatoes & Gravy ✓ Swede
 for dessert...
 Apple & Cinnamon Muffin*
 Fresh Fruit or Yoghurt

Choose a main meal... on the side...
 Mild Beef Chili with Rice** Sweetcorn
 Crunchy Topped Italian Bake ✓ Green Beans
 for dessert...
 Carrot Cake with Pineapple
 Fresh Fruit or Yoghurt

Choose a main meal... on the side...
 Golden Fish Fingers & Chips Baked Beans
 Quorn Burger & Chips ✓ Carrots & Peas
 for dessert...
 Strawberry Cheesecake
 Fresh Fruit or Yoghurt

Week three

13/11 04/12 01/01 22/01 12/02 12/03

Choose a main meal... on the side...
 Mozzarella & Tomato Pizza** with Oven Baked Wedges ✓ Peas
 Quorn Sausage & Tomato Pasta Bake** with a Bread Wedge ✓ Carrots
 for dessert...
 Strawberry Frozen Yoghurt
 Fresh Fruit or Yoghurt

Choose a main meal... on the side...
 Chicken Tikka Thigh with Rice Broccoli
 Shepherdess Pie ✓ Veggie Mince topped with Mash Sweetcorn
 for dessert...
 Crunchy Apple Crumble* with Custard
 Fresh Fruit or Yoghurt

Choose a main meal... on the side...
 Honey Roast Gammon with Roast Potatoes & Gravy Roast Parsnips
 Cheese & Sweetcorn Quiche with Roast Potatoes ✓ Cauliflower
 for dessert...
 Gingerbread Cake* with Fresh Fruit
 Fresh Fruit or Yoghurt

Choose a main meal... on the side...
 Beef Cobbler Tender Braised Beef with a Light Pastry Top & Mash Green Beans
 Veggie Bolognese with Wholemeal Pasta** ✓ Sweetcorn
 for dessert...
 Strawberry Jam & Coconut Sponge
 Fresh Fruit or Yoghurt

Choose a main meal... on the side...
 Golden Fillet Fish Fingers or Crispy Salmon Fillet** & Chips Baked Beans
 Veggie Quesadilla & Chips ✓ Carrots & Peas
 for dessert...
 Banana Loaf
 Fresh Fruit or Yoghurt

Our chicken and milk are Red Tractor approved



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



ALL OUR BEEF is from THE UK OR IRELAND

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

Cool water, organic milk and fruit juice served daily. *Fruit based **Wholegrain *** Oily Fish. Sandwiches and jacket potatoes with a choice of fillings available daily. Wherever possible we cater for special dietary requests, please speak to your Catering Manager.



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

ALL OUR BANANAS ARE FAIRTRADE

