

Week one

07/09, 28/09, 19/10, 16/11,
07/12, 11/01, 01/02

Monday

Choose a main meal...
Sausages with Mashed Potatoes and Gravy
Vegetarian Sausages with Mashed Potatoes and Gravy (V)

on the side...
Broccoli
Carrots
for dessert...
Orange Drizzle Cake
Yoghurt
Fresh Fruit

Jacket potatoes are available every day with a choice of fillings.



Week two

14/09, 05/10, 02/11, 23/11,
14/12, 18/01, 08/02

Tuesday

Choose a main meal...
Farm Assured Chicken Thigh with Home-made BBQ Sauce and Steamed Rice
Pasta Neapolitan (V)

on the side...
Sweetcorn
Garden Peas
for dessert...
Plum Crumble* with Custard
Yoghurt
Fresh Fruit

Choose a main meal...
Homemade Cheese and Tomato Pizza Wedge with 1/2 a Jacket Potato
Quorn Bolognese with Wholemeal Pasta** (V)

on the side...
Sweetcorn
Coleslaw
for dessert...
Deep Filled Apple Pie* with Custard
Yoghurt
Fresh Fruit

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



Week three

21/09, 12/10, 09/11, 30/11,
04/01, 25/01

£2.10

Wednesday

Choose a main meal...
Roast Beef with Roast Potatoes and Gravy
Roasted Lentil Loaf with Roast Potatoes (V)

on the side...
Carrots
Cabbage
for dessert...
Fruity Delight*
Yoghurt
Fresh Fruit

Choose a main meal...
Burger in a Bun with Cajun Jacket Wedges
BBQ Mixed Bean Wrap with Couscous (V)

on the side...
Garden Peas
Roasted Vegetables
for dessert...
Giant Crunchy Cookie
Yoghurt
Fresh Fruit

Choose a main meal...
Coconut and Coriander Chicken with Rice
Macaroni Cheese (V)

on the side...
Garden Peas
Carrots
for dessert...
Oaty Fruit Crumble* with Custard
Yoghurt
Fresh Fruit

Thursday

Choose a main meal...
Organic Beef Lasagne with Herby Wholemeal Bread Wedge**
Chimichangas with Sweet Chilli Sauce and Savoury Rice (V)

on the side...
Coleslaw
Green Beans
for dessert...
Peach Sponge* with Custard
Yoghurt
Fresh Fruit

Choose a main meal...
Roast Pork with Roast Potatoes and Gravy
Shortcrust Topped Country Vegetable Pie with Roast Potatoes (V)

on the side...
Cabbage
Carrots
for dessert...
Chocolate Crispie with Fruit Slices*
Yoghurt
Fresh Fruit

Choose a main meal...
Roast Turkey with Roast Potatoes and Gravy
Quorn Roast with Roast Potatoes and Gravy (V)

on the side...
Cabbage
Cauliflower
for dessert...
Steamed Chocolate Sponge with Chocolate Sauce
Yoghurt
Fresh Fruit

Friday

Choose a main meal...
Golden Battered MSC Fish with Chips -
Mediterranean Tart with Chips (V)

on the side...
Baked Beans
Garden Peas
for dessert...
Berry Flapjack Traybake*
Yoghurt
Fresh Fruit

Choose a main meal...
Italian Basil Chicken with Plum Tomato and Pasta
Goan Vegetable Curry with Pilau Rice (V)

on the side...
Sweetcorn
Broccoli
for dessert...
Jam and Coconut Sponge with Custard
Yoghurt
Fresh Fruit

Choose a main meal...
Organic Minced Beef and Onion Pie with Mashed Potatoes
Spicy Bean Hotpot with Mashed Potatoes (V)

on the side...
Roasted Vegetables
Garden Peas
for dessert...
Jelly and Ice Cream
Yoghurt
Fresh Fruit

Choose a main meal...
MSC Salmon Fish Fingers with Chips
Baked Vegetable Frittata with Chips (V)

on the side...
Baked Beans
Garden Peas
for dessert...
Berry Chill*
Yoghurt
Fresh Fruit

Choose a main meal...
MSC Fish Fillet Fingers with Chips
Cheddar Cheese Whirl with Chips (V)

on the side...
Baked Beans
Sweetcorn
for dessert...
Carrot and Pineapple Muffin
Yoghurt
Fresh Fruit

Wherever possible we cater for special dietary requests, please speak to your catering manager.



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

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

