






























WEEK 1

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza 	Classic Beef Burger Served with Potato Wedges	Roast Gammon Served with Roast Potatoes and Gravy	Lamb Bolognese     Served with Wholewheat Pasta	Fish Fingers Served with Chips
	Cheesy Bean Burrito   	Quorn Burger  Served with Potato Wedges	Roast Quorn  Served with Roast Potatoes and Gravy	Quorn and Vegetable Tikka Masala    Served with Wholegrain Rice	Veggie Fingers  Served with Chips
JACKET POTATO	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings including Salmon Mayonnaise 	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato sauce with penne pasta  					
All main meals are served with two vegetables					
DESSERT	Raspberry Jelly	Apple Crumble with Custard 	Strawberry Frozen Yoghurt	Flapjack with Fruit 	Chocolate Brownie































PACKED LUNCH AVAILABLE
Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

AVAILABLE EVERY DAY
Water, salad, freshly baked bread, yoghurt & fresh fruit

 Vegetarian  Oily Fish  Wholegrain
 Fruity!  Nutritionist's Choice

WEEK 2

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Veggie Supreme Pizza   Served with Pesto Pasta	Beef Bolognese   Served with Wholewheat Pasta	Roast Pork Served with Roast Potatoes and Gravy	BBQ Chicken    Served with Wholegrain Rice	Fish Fingers Served with Chips
JACKET POTATO	Vegetable Fajita    Served with Wholegrain Rice	Vegetarian Bolognese    Served with Wholewheat Pasta	Quorn Sausages  Served with Mashed Potato and Gravy	Macaroni Cheese 	Quorn Dippers  Served with Chips
JACKET POTATO	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato sauce with penne pasta  					
All main meals are served with two vegetables					
DESSERT	Crunchy Chocolate Mousse	Banana Cake	Apple and Berry Crumble with Custard 	Orange Glazed Sticky Sponge Pudding with Custard 	Chocolate Cookie

PACKED LUNCH AVAILABLE
Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

AVAILABLE EVERY DAY
Water, salad, freshly baked bread, yoghurt & fresh fruit

 Vegetarian  Oily Fish  Wholegrain
 Fruity!  Nutritionist's Choice

WEEK 3

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Sweet Potato Curry    Served with Wholegrain Rice	Pork Sausages Served with Mashed Potato and Gravy	Roast Chicken  Served with Roast Potatoes and Gravy	Chicken Tikka Masala    Served with Wholegrain Rice	Fish Fingers Served with Chips
JACKET POTATO	Cheese and Tomato Pizza 	Quorn Sausages  Served with Mashed Potato and Gravy	Quorn Roast Served with Roast Potatoes and Gravy	Tomato and Sweetcorn Pasta   	Veggie Fingers  Served with Chips
JACKET POTATO	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato sauce with penne pasta  					
All main meals are served with two vegetables					
DESSERT	Fruity Flapjack Bar 	Banana Cake	Oat Cookie with Fruit 	Lemon Shortbread	Vanilla Ice Cream

PACKED LUNCH AVAILABLE
Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

AVAILABLE EVERY DAY
Water, salad, freshly baked bread, yoghurt & fresh fruit

 Vegetarian  Oily Fish  Wholegrain
 Fruity!  Nutritionist's Choice