
































WEEK 1

AUTUMN/WINTER 2024


























	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Macaroni Cheese 	Cottage Pie   Served with Gravy	Roast Chicken  Served with Roast Potatoes and Gravy	BBQ Chicken Pizza  Served with Pesto Pasta	Southern Fried Chicken  Served with Chips
JACKET POTATO	Cheesy Bean Burrito   	West African Vegetable Rice   	Roast Quorn  Served with Roast Potatoes and Gravy	Meatless Feast Cheesy Pizza   Served with Pesto Pasta	Crispy Quorn Sub  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
<p>Tomato Pasta Fresh, homemade tomato sauce with penne pasta  </p>					
<p>All main meals are served with two vegetables</p>					
DESSERT	Fruit Salad	Apple Crumble with Custard 	Strawberry Frozen Yoghurt	Fruit Platter 	Cheese & Biscuits with Fruit

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

 Vegetarian  Oily Fish  Wholegrain
 Fruity!  Nutritionist's Choice  Halal Available

WEEK 2

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Veggie Supreme Pizza   Served with Pesto Pasta	Beef Bolognese  Served with Spaghetti	Roast Chicken  Served with Roast Potatoes and Gravy	Chicken and Vegetable Pie  Served with Mashed Potato and Gravy	Crispy Chicken Burger  Served with Chips
JACKET POTATO	Chilli No Carne with Crispy Tortilla Served with Wholegrain Rice	Chinese Vegetable Noodles 	Winter Vegetable Hotpot  Served with 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	Fruit Platter 	Orange Glazed Sticky Sponge Pudding with Custard	Fruits of the Forest Jelly	Fruit Salad 	Cheese & Biscuits served with Fruit 

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

 Vegetarian  Oily Fish  Wholegrain
 Fruity!  Nutritionist's Choice  Halal Available

WEEK 3

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Macaroni Cheese 	Jerk Chicken  Served with Rice and Peas	Roast Beef  Served with Roast Potatoes and Gravy	Chicken and Vegetable Korma    Served with Wholegrain Rice	Battered Fish 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
<p>Tomato Pasta Fresh, homemade tomato sauce with penne pasta  </p> <p>All main meals are served with two vegetables</p>					
DESSERT	Fresh Fruit Salad 	Jam and Coconut Sponge with Custard	Vanilla Ice Cream	Fruit Platter	Cheese & Biscuit with Fruit 

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

 Vegetarian  Oily Fish  Wholegrain
 Fruity!  Nutritionist's Choice  Halal Available