

Week one

Monday

29/10 19/11 10/12 14/01 04/02 04/03 25/03

Choose a main meal...

Mozzarella & Tomato Pizza with Homemade Potato Wedges ✓

Potato & Chickpea Curry with Rice ✓

Beef Chilli with Rice

on the side...

Sweetcorn & Peas

Coleslaw

for dessert...

Pear Crumble with Custard

Yoghurt & Fresh Fruit Slices

Tuesday

Choose a main meal...

Chicken Tikka with Rice

Creamy Broccoli & Sweetcorn Pasta Bake ✓

Filled Jacket Potatoes

on the side...

Green Beans & Carrots

Potato Salad

for dessert...

Apple Flapjack with Fresh Fruit Slices

Yoghurt & Fresh Fruit

Wednesday

Choose a main meal...

Roast Turkey with Gravy & Roast Potatoes

Sweet Potato & Chickpea Roast with Gravy & Roast Potatoes ✓

Sandwich or Baguette

on the side...

Seasonal Cabbage & Mixed Vegetables

Pasta Salad

for dessert...

Creamy Rice Pudding & Berry Compote

Yoghurt & Fresh Fruit Slices

Thursday

Choose a main meal...

Beef Macaroni Bake with Garlic Bread Wedge

Vegetable & Cheese Crumble with New Potatoes ✓

Filled Jacket Potatoes

on the side...

Carrots & Broccoli

Mixed Bean Salad

for dessert...

Brownie Cake with Custard

Yoghurt & Fresh Fruit Salad

Friday

Choose a main meal...

MSC Crispy Pollock Fish Fillet & Chips

Quorn Dippers with Chips ✓

Pasta Bar

on the side...

Baked Beans & Sweetcorn

Apple Slaw

for dessert...

Lemon Shortbread with Fruit Slices

Yoghurt & Fresh Fruit

Week two

05/11 26/11 17/12 21/01 11/02 11/03 01/04

Choose a main meal...

Macaroni Cheese Pasta ✓

Mild Spiced Vegetable Biryani ✓

Chicken Curry with Rice

on the side...

Broccoli & Sweetcorn

Coleslaw

for dessert...

Pineapple & Carrot Traybake with Fruit Slices

Yoghurt & Fresh Fruit

Choose a main meal...

Beef Chilli with Rice

Vegetarian Sausages with Gravy & Cheesy Mash ✓

Pasta Bar

on the side...

Carrots & Peas

Potato Salad

for dessert...

St Clements Sponge Cake with Custard

Yoghurt & Fresh Fruit Salad

Choose a main meal...

Roast Chicken with Gravy & Roast Potatoes

Cauliflower & Broccoli Cheese Bake with Gravy & Roast Potatoes ✓

Sandwich or Baguette

on the side...

Roast Parsnip & Mixed Vegetables

Pasta Salad

for dessert...

Apple & Berry Crumble with Custard

Yoghurt & Fresh Fruit

Choose a main meal...

Beef Lasagne with a Garlic & Herb Bread Wedge

Vegetarian Tagine with Rice ✓

Filled Jacket Potatoes

on the side...

Green Beans & Cauliflower

Mixed Bean Salad

for dessert...

Shortbread Finger with Fruit Slices

Yoghurt & Fresh Fruit Slices

Choose a main meal...

MSC Cod Fish Fingers or Beef Burger & Chips

Crispy Vegetable Bites & Chips ✓

Pasta Bar

on the side...

Baked Beans & Sweetcorn

Apple Slaw

for dessert...

Chocolate Oaty Cookie with Fruit Slices

Yoghurt & Fresh Fruit Salad

Week three

12/11 03/12 07/01 28/01 25/02 18/03

Choose a main meal...

Vegetable Supreme Pizza with Homemade Potato Wedges ✓

Vegetable Lasagne ✓

Beef Stew with Rice

on the side...

Sweetcorn & Broccoli

Coleslaw

for dessert...

Crunchy Oat Cookie with Fruit Slices

Yoghurt & Fresh Fruit

Choose a main meal...

Chicken & Sweetcorn Pie with New Potatoes

Chinese Vegetable Noodles ✓

Filled Jacket Potatoes

on the side...

Carrots & Green Beans

Potato Salad

for dessert...

Raspberry Ripple Cake with Custard

Yoghurt & Fresh Fruit Slices

Choose a main meal...

Roast Turkey with Gravy & Roast Potatoes

Quorn Roast with Gravy & Roast Potatoes ✓

Sandwich or Baguette

on the side...

Seasonal Cabbage & Mixed Vegetables

Pasta Salad

for dessert...

Strawberry Ice Cream with Fresh Fruit Slices

Yoghurt & Fresh Fruit

Choose a main meal...

Beef Meatballs in Tomato Sauce with Pasta

Vegetable Korma with Rice ✓

Vegetable Korma with Rice

on the side...

Broccoli & Peas

Mixed Bean Salad

for dessert...

Peach Traybake with Custard

Yoghurt & Fresh Fruit Salad

Choose a main meal...

MSC Salmon Fish Fingers or Fishcake with Chips

Quorn Meatball Sub with Chips ✓

Pasta Bar

on the side...

Sweetcorn & Baked Beans

Peas

for dessert...

Ginger Cake with Fresh Fruit

Yoghurt & Fresh Fruit Bowl

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

