

## 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

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

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

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

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

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

Choose a main meal...  
Homemade Cheese and Tomato Pizza Wedge with ½ a Jacket Potato  
Quorn Bolognese with Wholemeal Pasta\*\* (V)

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

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

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

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

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

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

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

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

on the side...  
Baked Beans  
Garden Peas  
for dessert...  
Berry Chill\*  
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

Choose a main meal...  
Organic Beef Bolognese with Wholewheat Pasta\*\*  
Mild Vegetable Chilli with Rice (V)

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

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

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

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

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

on the side...  
Broccoli  
Sweetcorn  
for dessert...  
Shortbread Fingers with Fresh Fruit Slices\*  
Yoghurt  
Fresh Fruit

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

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

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

£2.10

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.

