


WEEK 1

W/C: 30/10, 20/11, 11/12, 08/01, 29/01, 26/02, 18/03

AUTUMN/WINTER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza   Served with Potato Wedges	Classic Beef Burger Served with Potato Wedges	Roast Turkey Served with Roast Potatoes and Gravy	Beef Bolognese   Served with Wholewheat Pasta and Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
JACKET POTATO	Tomato Pasta   Pasta served with a tomato sauce and cheese if desired	Vegetarian Burger  Served with Potato Wedges	Vegetable Pastry Roll  Served with Mashed Potato and Gravy	Vegetarian Bolognese    Served with Wholewheat Pasta and Garlic and Herb Bread	Crispy Quorn Nuggets  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
All main meals are served with two vegetables					
DESSERT	Chocolate Brownie	Crispy Crackle Bar with Fruit 	Original Flapjack	Carrot, Orange and Sultana Slice 	Vanilla Ice Cream

PACKED LUNCH AVAILABLE

Ham, Cheese and Tuna Baguettes 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

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza   Served with Potato Wedges	Turkey Con Chilli   Served with Wholegrain Rice	Roast Beef Served with Roast Potatoes and Gravy	Sausage Pasta Bake  Served with Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
JACKET POTATO	Tomato Pasta   Pasta served with a tomato sauce and cheese if desired	Macaroni Cheese 	Cheesy Leek and Carrot Crumble   Served with Roast Potatoes and Gravy	Vegetarian Sausage Pasta Bake   Served with Garlic and Herb Bread	Crispy Quorn Nuggets  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
All main meals are served with two vegetables					
DESSERT	Apple Crumble with Custard 	Crunchy Chocolate Biscuit	Chocolate and Vanilla Marble Cake	Carrot Cake 	Strawberry Ice Cream

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

 Vegetarian
  Oily Fish
  Wholegrain
 Fruity!
  Nutritionist's Choice

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza   Served with Potato Wedges	Pork Sausages Served with Mashed Potato and Gravy	Roast Pork Served with Roast Potatoes and Gravy	Chicken and Vegetable Korma   Served with Wholegrain Rice	Breaded Fish Fingers Served with Chips
JACKET POTATO	Tomato Pasta Pasta served with a tomato sauce and cheese if desired	Cauliflower Macaroni Cheese    Served with Garlic and Herb Bread	Sweet Potato and Chickpea Roast   Served with Roast Potatoes and Gravy	Tomato Pasta   Pasta served with a tomato sauce and cheese if desired	Crispy Quorn Nuggets  Served with Chips
	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
	All main meals are served with two vegetables				
DESSERT	Magic Apple and Cinnamon Bake 	Strawberry Jelly	Orange Shortbread with Fruit Slice 	Banana and Carrot Cake 	Chocolate Ice Cream with Shortbread Biscuit

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 Vegetarian
  Oily Fish
  Wholegrain
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