

Week one

30/10 20/11 11/12 08/01 29/01 26/02 19/03

Monday

Choose a main meal...

Vegetable Supreme Pizza with Jacket Wedges ✓ (M) (H)
Neapolitan Pasta ✓ (V)
Crunchy Topped Italian Bake (bean and vegetable bake) (A)

on the side...

House Coleslaw
Peas
for dessert...
Wedges of Melon & Orange

Tuesday

Choose a main meal...

Beef & Vegetable Pie with New Potatoes (M) (H)
Mild Mexican Vegetable Chilli with Rice ✓ (V)
Jacket Potato with Baked Beans (A)

on the side...

Green Beans
Cauliflower
for dessert...
Pineapple & Peach Crumble with Custard

Wednesday

Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy (M) (H)
Cheese & Potato Bake ✓ (V)
Cauliflower & Creamed Corn Bake (A)

on the side...

Braised Red Cabbage
Carrots
for dessert...
Date Bar with Yoghurt

Thursday

Choose a main meal...

Chinese Chicken Noodles (M) (H)
Vegetable Biryani ✓ (V)
Jacket Potato with Cheese & Baked Beans (A)

on the side...

Broccoli
Sweetcorn
for dessert...
Fruit in Jelly

Friday

Choose a main meal...

Crispy Fish & Chips (M) (H)
Veggie Hot Dog with Chips ✓ (V)
Dhal & Rice (A)

on the side...

Baked Beans
Peas
for dessert...
Chocolate & Banana Muffin

Week two

06/11 27/11 18/12 15/01 05/02 05/03

Choose a main meal...

Mac 'N' Cheese ✓ (M) (H)
Boston Bean Casserole with Rice ✓ (V)
Vegeballs in Tomato Sauce (A)

on the side...

Broccoli
Crunchy Salad
for dessert...
Chocolate & Mandarin Sponge with Chocolate Sauce

Choose a main meal...

Sweet n'Sour Chicken & Rice (M)
Sweet n'Sour Chicken & Rice (H)
Vegetarian Sausages with Creamy Mash & Gravy ✓ (V)
Jacket Potato with Baked Beans (A)

on the side...

Carrots
Seasonal Cabbage
for dessert...
Oatie Biscuit with Fruit Slices

Choose a main meal...

Roast Chicken with Roast Potatoes & Gravy (M) (H)
Quorn Roast with Roast Potatoes & Gravy ✓ (V)
Roast Cauliflower & Chickpea Korma & Nan Bread (A)

on the side...

Peas
Swede
for dessert...
Peaches with Homemade Granola & Yoghurt

Choose a main meal...

Mild Beef Chilli with Rice (M) (H)
Creamy Tomato & Basil Pasta ✓ (V)
Jacket Potato with Tuna & Sweetcorn Mayo (A)

on the side...

Sweetcorn
Green Beans
for dessert...
Carrot & Pineapple Cake Slice

Choose a main meal...

Golden Fish Fingers & Chips (M)
Bean & Potato Burrito with Chips ✓ (V)
Quorn Burger in a Bun (A)

on the side...

Baked Beans
Crunchy Coleslaw
for dessert...
Strawberry Cheesecake

Week three

13/11 04/12 01/01 22/01 12/02 12/03

Choose a main meal...

Mozzarella & Tomato Pizza with Oven Baked Wedges ✓ (M) (H)
Quorn Sausage & Tomato Pasta Bake with a Bread Wedge ✓ (V)
Chick Pea Curry & Basmati Rice (A)

on the side...

Peas
Apple Slaw
for dessert...
Strawberry Fro Yo

Choose a main meal...

Chicken Tikka Thigh with Basmati Rice (M) (H)
Cheese & Sweetcorn Quiche with New Potatoes ✓ (V)
Jacket Potato with Baked Beans (A)

on the side...

Broccoli
Fresh Tomato Salsa
for dessert...
Apple Cracknell with Custard

Choose a main meal...

Honey Roast Gammon with Roast Potatoes & Gravy (M)
Halal Roast Lamb with Roast Potatoes & Gravy (H)
Shepherdess Pie ✓ (V)
Country Vegetable Pie (A)

on the side...

Roast Parsnips
Sweetcorn
for dessert...
Mini Gingerbread Cake with Fresh Fruit

Choose a main meal...

Pasta Bolognese (M) (H)
Mild Yellow Vegetable Curry with Rice ✓ (V)
Jacket Potato with Cheesy Coleslaw (A)

on the side...

Green Beans
Carrots
for dessert...
Chocolate Sultana Crispie

Choose a main meal...

Crispy Salmon Fillet with Chips (M) (H)
Veggie Quesadilla with Chips ✓ (V)
Sag Aloo & Basmati Rice (A)

on the side...

Baked Beans
Peas
for dessert...
Creamy Rice Pudding with Fruit

Our chicken and milk are 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!

WE SUPPORT 82 BRITISH DAIRY FARMS



We only use Lion Quality British Eggs



FARM TO FORK We can trace every cut of meat back to the farms of origin

ALL OUR BREAD IS FRESHLY BAKED EVERY DAY

FAIRTRADE All our bananas are FAIRTRADE

