

Week 1

Monday

Oven baked sausage, mash, peas & onion gravy

✓ Quorn bolognese & homemade garlic bread,

Oat Cookies

Tuesday

Chicken curry rice & naan bread

✓ Cheese & potato pie with baked beans

Choc chip muffin ✓

Wednesday

Roast Gammon or Quorn fillet ✓ & Roast Potatoes, cauli & broccoli mix, gravy

✓ Baked cherry tomato frittata, potato wedges, side salad

Fruit jelly

Thursday

Quorn nuggets ✓

Mixed vegetable rice, sweet & sour or curry sauce

All in stew ✓, crusty bread, beetroot

Iced Fairy cake ✓

Friday

Fishy Friday, Garden Peas
Chipped Potatoes

✓ Pasta bake & crispy green salad

Shortbread finger ✓

Available daily:

Fresh sandwiches, jacket potatoes with fillings, salad and fresh bread

Also available daily:

Fat free yoghurt, fresh fruit, fresh fruit juice, semi skimmed milk and fresh water

✓ Suitable for vegetarians

✓ Halal

✗ Halal Alternative - please ask for information

Munchkins

Let's make some HEALTHY CHOICES

Week 2

Monday

Cook's Choice Pizza ✓ salad, & potato wedges

✓ Meatballs in gravy, mixed veg, wedges

Homemade biscuit ✓

Tuesday

Sausage & bean Yorkshire puds & mash

✓ Pasta Bake topped with Mozzarella cheese, garlic bread

Jam & coconut sponge ✓

Wednesday

Roast turkey, gravy, carrots & sweetcorn
roast potatoes

✓ Quorn Sausage, carrots, sweetcorn, roast potatoes & gravy

Frozen yoghurt Pot

Thursday

Chicken Tikka Masala,
Yellow rice & naan

Cheese & potato whirls ✓, baked beans

Fresh fruit or cheese & crackers

Friday

Fishy Friday, peas & sweetcorn,
chipped potatoes

✓ Cheese & red onion quiche, peas & sweetcorn, chipped potatoes

Chocolate & banana muffin ✓

Week 3

Monday

Sausage roll & baked beans, mini potato waffles

✓ Quorn curry, rice, naan bread

Cherry shortbread

Tuesday

Spaghetti bolognese & crusty bread

✓ Cheese or Pepperoni pizza slice, coleslaw, jacket potato

✓ Jam Tart with custard

Wednesday

Roast chicken, gravy, broccoli, cauli & carrot mix, roast potatoes

✓ Quorn mince & veg pie, roast potatoes

Fruit jelly ✓ & cream

Thursday

Cottage pie
diced carrots

Chicken & bacon or Quorn ✓ pasta, broccoli

Apple & raisin flapjack ✓

Friday

Fishy Friday, peas, skinny fries

✓ Vegetable Burrito, salad, tomato & sweetcorn salsa

Lemon drizzle cake ✓

Protein gives you strength

