

# WEEK 1 MENU

W/C: 31/10 21/11 12/12 02/01  
23/01 13/02 06/03 27/03

## AUTUMN/WINTER 2022

	HOT SPECIALS...	DAILY FAVES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!	
MONDAY	<p><b>Macaroni Cheese</b> </p> <p>Served with Two Vegetables</p>	<p><b>Vegetarian Sausage</b>  </p> <p>Served with Mashed Potato and Gravy</p>	<p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Packed Lunch</b></p> <p>See below for details</p>	<p><b>Jacket Potatoes</b>  </p> <p>with a choice of hot and cold fillings</p>	<p><b>Vanilla Ice Cream with Fruit Slices</b> </p>
TUESDAY	<p><b>Chicken Pie</b></p> <p>Served with Mashed Potato and Gravy</p>	<p><b>Cheese and Tomato Pizza</b>  </p> <p>Served with Potato Wedges</p>	<p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Packed Lunch</b></p> <p>See below for details</p>	<p><b>Jacket Potatoes</b>  </p> <p>with a choice of hot and cold fillings, including Salmon Mayonnaise </p>	<p><b>Hot Chocolate Sponge with Chocolate Custard and Fruit Slices</b> </p>
WEDNESDAY	<p><b>Roast Turkey</b></p> <p>Served with Roast Potatoes, Two Vegetables and Gravy</p>	<p><b>Vegan Sausage Casserole</b>  </p> <p>Served with Two Vegetables</p>	<p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Packed Lunch</b></p> <p>See below for details</p>	<p><b>Jacket Potatoes</b>  </p> <p>with a choice of hot and cold fillings</p>	<p><b>Oat Cookie served with Fruit Slices</b> </p>
THURSDAY	<p><b>Beef Bolognese</b>  </p> <p>Served with Wholemeal Pasta and Two Vegetables</p>	<p><b>Chinese Vegetable Rice</b> </p> <p>Served with Two Vegetables</p>	<p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Packed Lunch</b></p> <p>See below for details</p>	<p><b>Jacket Potatoes</b>  </p> <p>with a choice of hot and cold fillings</p>	<p><b>Apple Crumble served with Custard</b>   </p>
FRIDAY	<p><b>Breaded Fish</b></p> <p>Served with Chips and Three Vegetables</p>	<p><b>Quorn Dippers</b> </p> <p>Served with Chips and Three Vegetables</p>	<p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Packed Lunch</b></p> <p>See below for details</p>	<p><b>Jacket Potatoes</b>  </p> <p>with a choice of hot and cold fillings</p>	<p><b>Ice Cream Milkshake with Shortbread and Fruit Slices</b> </p>

**PACKED LUNCH - AVAILABLE DAILY**  
HAM OR CHEESE SANDWICH OR DAILY SPECIAL,  
VEGETABLES, FRESH FRUIT AND DESSERT OF THE  
DAY

**AVAILABLE EVERY DAY**  
WATER, SALAD, FRESHLY BAKED BREAD,  
YOGHURT & FRESH FRUIT  
**ALL MAIN MEALS SERVED  
WITH TWO VEGETABLES**

 Vegetarian  Oily Fish  Wholegrain  
 Fruity!  Nutritionist's Choice  Halal Available

# WEEK 2 MENU

W/C: 07/11 28/11 19/12 09/01  
30/01 20/02 13/03 03/04

## AUTUMN/WINTER 2022

	HOT SPECIALS...	DAILY FAVES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!
MONDAY	<p><b>Cheese and Tomato Pizza</b>   Served with Potato Wedges</p> <p><b>Mixed Bean Pasta</b>    Served with Tomato Pizza Bread</p>	<p><b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Packed Lunch</b> See below for details</p>	<p><b>Jacket Potatoes</b>   with a choice of hot and cold fillings</p>	<p><b>Jam Sponge with Fruit Slices</b> </p>
TUESDAY	<p><b>Chicken Noodle Stir Fry</b> Served with Two Vegetables</p> <p><b>Vegetable Lasagne</b>  Served with Garlic and Herb Bread Wedge</p>	<p><b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Packed Lunch</b> See below for details</p>	<p><b>Jacket Potatoes</b>   with a choice of hot and cold fillings</p>	<p><b>Banana and Apricot Flapjack served with Fresh Fruit</b> </p>
WEDNESDAY	<p><b>Roast Gammon</b> Served with Mashed Potato, Two Vegetables, Yorkshire Pudding and Gravy</p> <p><b>Vegetable Pie</b>  Served with Mashed Potato, Two Vegetables and Gravy</p>	<p><b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Packed Lunch</b> See below for details</p>	<p><b>Jacket Potatoes</b>   with a choice of hot and cold fillings</p>	<p><b>Chocolate Ice Cream with Fruit Slices</b> </p>
THURSDAY	<p><b>Keralan Chicken Curry</b>   Served with Wholegrain Rice and Two Vegetables</p> <p><b>Cauliflower and Sweet Potato Masala</b>  Served with Wholegrain Rice and Two Vegetables</p>	<p><b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Packed Lunch</b> See below for details</p>	<p><b>Jacket Potatoes</b>   with a choice of hot and cold fillings</p>	<p><b>Apple and Berry Crumble served with Custard</b>   </p>
FRIDAY	<p><b>Breaded Fish</b> Served with Chips and Three Vegetables</p> <p><b>Quorn Dippers</b>  Served with Chips and Three Vegetables</p>	<p><b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Packed Lunch</b> See below for details</p>	<p><b>Jacket Potatoes</b>   with a choice of hot and cold fillings</p>	<p><b>Strawberry Milkshake served with Fresh Fruit</b> </p>

**PACKED LUNCH - AVAILABLE DAILY**  
HAM OR CHEESE SANDWICH OR DAILY SPECIAL,  
VEGETABLES, FRESH FRUIT AND DESSERT OF THE  
DAY

**AVAILABLE EVERY DAY**  
WATER, SALAD, FRESHLY BAKED BREAD,  
YOGHURT & FRESH FRUIT  
**ALL MAIN MEALS SERVED  
WITH TWO VEGETABLES**

 Vegetarian  Oily Fish  Wholegrain  
 Fruity!  Nutritionist's Choice  Halal Available

# WEEK 3 MENU

W/C: 14/11 05/12 26/12 16/01  
06/02 27/02 20/03 10/04



## AUTUMN/WINTER 2022

	HOT SPECIALS...	DAILY FAVES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!	
MONDAY	<b>Cheese and Tomato Pizza</b>   Served with Potato Wedges	<b>Vegetable Chilli</b>    Served with Wholegrain Rice	<b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b>   with a choice of hot and cold fillings	<b>Strawberry Ice Cream with Fruit Slices</b> 
TUESDAY	<b>Sweet and Sour Chicken</b>  Served with Wholegrain Rice	<b>Vegetable Chow Mein</b>   Served with Two Vegetables	<b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b>   with a choice of hot and cold fillings	<b>Fruity Flapjack Bar</b> 
WEDNESDAY	<b>Roast Pork</b> Served with Roast Potatoes, Two Vegetables and Gravy	<b>Vegetable Pastry Roll</b>  Served with Roast Potatoes, Two Vegetables and Gravy	<b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b>   with a choice of hot and cold fillings	<b>Fruit Jelly and Custard</b> 
THURSDAY	<b>Beef Bolognese</b>   Served with Wholemeal Pasta and Two Vegetables	<b>Vegetarian Cottage Pie</b>   Served with Two Vegetables and Gravy	<b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b>   with a choice of hot and cold fillings	<b>Orange, Sultana and Carrot Slice</b> 
FRIDAY	<b>Southern Fried Chicken</b> Served with Chips and Three Vegetables	<b>Vegan Meatballs in Tomato Sauce</b>   Served with Chips and Three Vegetables	<b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b>   with a choice of hot and cold fillings	<b>Chocolate Milkshake served with a Chocolate Biscuit and Fruit Slices</b> 

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HAM OR CHEESE SANDWICH OR DAILY SPECIAL,  
VEGETABLES, FRESH FRUIT AND DESSERT OF THE DAY

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WATER, SALAD, FRESHLY BAKED BREAD,  
YOGHURT & FRESH FRUIT  
**ALL MAIN MEALS SERVED WITH TWO VEGETABLES**

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