



# 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	<b>Cheese and Tomato Pizza</b> ♻️ Served with Potato Wedges	<b>Classic Beef Burger</b> Served with Potato Wedges	<b>Roast Turkey</b> Served with Roast Potatoes and Gravy	<b>Beef Bolognese</b> 🍷 Served with Wholewheat Pasta and Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
	<b>Stir Fried Vegetable Rice</b> ♻️ 🍷 Served with Potato Wedges	<b>Vegetarian Burger</b> ♻️ Served with Potato Wedges	<b>Vegetable Pastry Roll</b> ♻️ Served with Mashed Potato and Gravy	<b>Vegetarian Bolognese</b> ♻️ 🍷 Served with Wholewheat Pasta and Garlic and Herb Bread	<b>Crispy Quorn Nuggets</b> ♻️ Served with Chips
JACKET POTATO	<b>Jacket Potatoes</b> 🍷 ♻️ with a choice of hot and cold fillings including salmon mayonnaise 🐟	Filled Baguette with a choice of cold fillings	<b>Jacket Potatoes</b> 🍷 ♻️ with a choice of hot and cold fillings	Filled Baguette with a choice of cold fillings	<b>Jacket Potatoes</b> 🍷 ♻️ with a choice of hot and cold fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta ♻️ 🌿					
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 Tuesdays & Thursdays 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.



# WEEK 2

W/C: 06/11, 27/11, 18/12, 15/01, 05/02, 04/03, 25/03

**AUTUMN/WINTER 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<b>Cheese and Tomato Pizza</b> Served with Potato Wedges	<b>Turkey Con Chilli</b> Served with Wholegrain Rice	<b>Roast Beef</b> Served with Roast Potatoes and Gravy	<b>Sausage Pasta Bake</b> Served with Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
	<b>Sweet Potato Curry</b> Served with Wholegrain Rice	<b>Macaroni Cheese</b>	<b>Cheesy Leek and Carrot Crumble</b> Served with Roast Potatoes and Gravy	<b>Vegetarian Sausage Pasta Bake</b> Served with Garlic and Herb Bread	<b>Crispy Quorn Nuggets</b> Served with Chips
JACKET POTATO	<b>Jacket Potatoes</b> with a choice of hot and cold fillings	Filled Baguette with a choice of cold fillings	<b>Jacket Potatoes</b> with a choice of hot and cold fillings	Filled Baguette with a choice of cold fillings	<b>Jacket Potatoes</b> with a choice of hot and cold fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta					
All main meals are served with two vegetables					
DESSERT	<b>Apple Crumble with Custard</b>	<b>Crunchy Chocolate Biscuit</b>	<b>Chocolate and Vanilla Marble Cake</b>	<b>Carrot Cake</b>	<b>Strawberry Ice Cream</b>

**PACKED LUNCH AVAILABLE**  
Ham, Cheese and Tuna Baguettes available Tuesdays & Thursdays with veg sticks and fresh fruit or dessert of the day

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

Vegetarian Fruity! Oily Fish Nutritionist's Choice Wholegrain

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



# WEEK 3

W/C: 13/11, 04/12, 01/01, 22/01, 19/02, 11/03

**AUTUMN/WINTER 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<b>Cheese and Tomato Pizza</b> Served with Potato Wedges	<b>Pork Sausages</b> Served with Mashed Potato and Gravy	<b>Roast Pork</b> Served with Roast Potatoes and Gravy	<b>Chicken and Vegetable Korma</b> Served with Wholegrain Rice	<b>Breaded Fish Fingers</b> Served with Chips
	<b>Chilli No Carne with Crispy Tortilla</b> Served with Wholegrain Rice	<b>Cauliflower Macaroni Cheese</b> Served with Garlic and Herb Bread	<b>Sweet Potato and Chickpea Roast</b> Served with Roast Potatoes and Gravy	<b>Vegetarian Cottage Pie</b> 	<b>Crispy Quorn Nuggets</b> Served with Chips
JACKET POTATO	<b>Jacket Potatoes</b> with a choice of hot and cold fillings	Filled Baguette with a choice of cold fillings	<b>Jacket Potatoes</b> with a choice of hot and cold fillings	Filled Baguette with a choice of cold fillings	<b>Jacket Potatoes</b> with a choice of hot and cold fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta					
All main meals are served with two vegetables					
DESSERT	<b>Magic Apple and Cinnamon Bake</b>	<b>Strawberry Jelly</b>	<b>Orange Shortbread with Fruit Slice</b>	<b>Banana and Carrot Cake</b>	<b>Chocolate Ice Cream with Shortbread Biscuit</b>

**PACKED LUNCH AVAILABLE**  
Ham, Cheese and Tuna Baguettes available  
Tuesdays & Thursdays 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.