




























WEEK 1

AUTUMN/WINTER 2024






























	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza 	Classic Beef Burger Served with Potato Wedges	Roast Gammon Served with Roast Potatoes and Gravy	Beef Keema Curry   	Fish Fingers Served with Chips
	Tomato Pasta   	Quorn Burger  Served with Potato Wedges	Roast Quorn  Served with Roast Potatoes and Gravy	Quorn and Vegetable Tikka Masala    Served with Wholegrain Rice	Southern Fried Chicken 
JACKET POTATO	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of 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
<p>Tomato Pasta Fresh, homemade tomato sauce with penne pasta  </p>					
<p>All main meals are served with two vegetables</p>					
DESSERT	Chocolate and Coconut Sponge	Oat Cookie with Fruit 	Pineapple Upside Down Cake with Custard	Flapjack with Fruit 	Chocolate Ice Cream

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

 Vegetarian  Oily Fish  Wholegrain
 Fruity!  Nutritionist's Choice

WEEK 2

AUTUMN/WINTER 2024


























	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Veggie Supreme Pizza   Served with Pesto Pasta	Beef Bolognese   Served with Wholewheat Pasta	Roast Chicken Served with Roast Potatoes and Gravy	Chicken Tikka Masala    Served with Wholegrain Rice	Fish Fingers Served with Chips
JACKET POTATO	Vegetable Fajita    Served with Wholegrain Rice	Vegetarian Bolognese    Served with Wholewheat Pasta	Quorn Sausages  Served with Mashed Potato and Gravy	Macaroni Cheese 	Quorn Dippers  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
Tomato Pasta Fresh, homemade tomato sauce with penne pasta  					
All main meals are served with two vegetables					
DESSERT	Vanilla Ice Cream	Banana Cake	Chocolate Shortbread with Fruit 	Orange Drizzle Cake	Strawberry Ice Cream

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

 Vegetarian  Oily Fish  Wholegrain
 Fruity!  Nutritionist's Choice

WEEK 3

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza 	Pork Sausages Served with Mashed Potato and Gravy	Roast Gammon Served with Roast Potatoes and Gravy	Chicken and Vegetable Korma   Served with Wholegrain Rice	Fish Fingers Served with Chips
JACKET POTATO	BBQ Quorn Fillet    Served with Wholegrain Rice	Quorn Sausages  Served with Mashed Potato and Gravy	Roast Quorn	Tomato and Sweetcorn Pasta   	Southern Fried Chicken  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
Tomato Pasta Fresh, homemade tomato sauce with penne pasta  					
All main meals are served with two vegetables					
DESSERT	Chocolate Beet Brownie with Orange Slices 	Peach and Ginger Pudding	Sicilian Lemon Cookie with Fruit 	Chocolate and Coconut Sponge with Custard	Vanilla Ice Cream

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

 Vegetarian  Oily Fish  Wholegrain
 Fruity!  Nutritionist's Choice