

YOUR MENU THIS WEEK

Week 1
W/C: 31/08/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH MEAT	Neapolitan pasta	Lamb keema	Rosemary roasted chicken thigh & gravy	Chicken sausages & Mash & gravy	Sustainable battered Fish goujon wrap
MAIN DISH VEGETARIAN	Vegetable tofu chow mein (v)	Mixed bean & vegetable cottage pie topped with cheddar	BBQ vegetable patty (v)	Mixed bean burrito (v)	Courgette, pea & mint baked omelette (v)
SIDES	Sweetcorn Roasted peppers Basil foccacia	Wholegrain Rice & Peas Spinach & Kale	Skin on roast Potatoes Carrots Winter Greens	Broccoli Mixed salad	Chips Peas Baked beans
PUDDINGS	Yoghurt with diced fruit & toppings	Giant oat & sultana cookie	Pear & chocolate Brownie & chocolate custard	Sticky toffee apple pudding & custard	Fruit flapjack

Available daily:
Handmade bread, Fresh fruit & Pantry

Also available daily: Jacket potatoes served with a selection of fillings

GOOD FOR you

MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE

Love the food that loves you back♥

YOUR MENU THIS WEEK

Week 2
W/C: 07/09/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH MEAT	Sweet potato mac 'n' cheese (v)	Chilli con carne (lamb)	Slow roasted pork shoulder with gravy	Southern spiced turkey burger with spicy mayo	Breaded salmon fishcakes or Sustainable battered fish of the day
MAIN DISH VEGETARIAN	Spinach, lentil & cheese sausage roll (v)	Beetroot burger & sweet chilli sauce (v)	Vegetable moussaka (v)	Chickpea & Lentil dahl (v)	Butternut squash, carrot & chickpea mild green thai curry (v)
SIDES	Broccoli Carrot Slaw Potato wedges	Wholegrain Rice Steamed greens	Herb Diced Roast Potatoes Parsnips & Carrots Red cabbage slaw	Roasted Squash Mixed Salad Naan bread	Chips Peas Baked beans
PUDDINGS	Lemon & courgette Cake	Seasonal fruit crumble & custard 50%	orange cookie with 1/2 a glass of milk	Yoghurt with honeydew & topping 50%	Banana loaf & custard

AVAILABLE DAILY:
Handmade bread and fresh fruit

AVAILABLE WEEKLY:
Jacket potatoes and fillings, pasta bar, yoghurt and pantry

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YOUR MENU THIS WEEK

Week 3
W/C: 14/09/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH MEAT	Mushroom & pesto wholemeal pizza (v)	Chicken & leek pie with gravy	Honey roasted glazed gammon	Pasta & bolognise in tomato sauce	Sustainable battered fish of the day
MAIN DISH VEGETARIAN	Cauliflower, chickpea & Potato Curry	Mixed bean & lentil chilli (v)	Lentil, mushroom & pepper lasagne (v)	Black bean, vegetable & tofu cajun taco with pineapple salsa & so	Roasted pepper & cheese quesadilla, tomato salsa (v)
SIDES	Sweetcorn Roasted broccoli Wholegrain braised rice	Baked wedges Carrots Mixed salad	Skin on roast potatoes Peas Parsnips	New Potatoes Steamed Green beans Ratatouille vegetables	Chips Peas Baked beans
PUDDINGS	Yoghurt with watermelon & toppings 50%	Orange & kale cupcake	Vanilla rice pudding with raspberry jam	Pineapple upside down cake & custard 50% fruit	Carrot & raisin flapjack

AVAILABLE DAILY:
Handmade bread and fresh fruit

AVAILABLE WEEKLY:
Jacket potatoes and fillings, pasta bar, yoghurt and pantry

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YOUR MENU THIS WEEK

Week 4
W/C: 21/09/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH MEAT	Neapolitan pasta	Lamb keema	Rosemary roasted chicken thigh & gravy	Chicken sausages & Mash & gravy	Sustainable battered Fish goujon wrap
MAIN DISH VEGETARIAN	Vegetable tofu chow mein (v)	Mixed bean & vegetable cottage pie topped with cheddar	BBQ vegetable patty (v)	Mixed bean burrito (v)	Courgette, pea & mint baked omelette (v)
SIDES	Sweetcorn Roasted peppers Basil foccacia	Wholegrain Rice & Peas Spinach & Kale	Skin on roast Potatoes Carrots Winter Greens	Broccoli Mixed salad	Chips Peas Baked beans
PUDDINGS	Yoghurt with diced fruit & toppings	Giant oat & sultana cookie	Pear & chocolate Brownie & chocolate custard	Sticky toffee apple pudding & custard	Fruit flapjack

Available daily:
Handmade bread, Fresh fruit & Pantry

Also available daily: Jacket potatoes served with a selection of fillings

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YOUR MENU THIS WEEK

Week 5
W/C: 28/09/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH MEAT	Sweet potato mac 'n' cheese (v)	Chilli con carne (lamb)	Slow roasted pork shoulder with gravy	Southern spiced turkey burger with spicy mayo	Breaded salmon fishcakes or Sustainable battered fish of the day
MAIN DISH VEGETARIAN	Spinach, lentil & cheese sausage roll (v)	Beetroot burger & sweet chilli sauce (v)	Vegetable moussaka (v)	Chickpea & Lentil dahl (v)	Butternut squash, carrot & chickpea mild green thai curry (v)
SIDES	Broccoli Carrot Slaw Potato wedges	Wholegrain Rice Steamed greens	Herb Diced Roast Potatoes Parsnips & Carrots Red cabbage slaw	Roasted Squash Mixed Salad Naan bread	Chips Peas Baked beans
PUDDINGS	Lemon & courgette Cake	Seasonal fruit crumble & custard 50%	orange cookie with 1/2 a glass of milk	Yoghurt with honeydew & topping 50%	Banana loaf & custard

AVAILABLE DAILY:
Handmade bread and fresh fruit

AVAILABLE WEEKLY:
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YOUR MENU THIS WEEK

Week 6
W/C: 05/10/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH MEAT	Mushroom & pesto wholemeal pizza (v)	Chicken & leek pie with gravy	Honey roasted glazed gammon	Pasta & bolognise in tomato sauce	Sustainable battered fish of the day
MAIN DISH VEGETARIAN	Cauliflower, chickpea & Potato Curry	Mixed bean & lentil chilli (v)	Lentil, mushroom & pepper lasagne (v)	Black bean, vegetable & tofu cajun taco with pineapple salsa & so	Roasted pepper & cheese quesadilla, tomato salsa (v)
SIDES	Sweetcorn Roasted broccoli Wholegrain braised rice	Baked wedges Carrots Mixed salad	Skin on roast potatoes Peas Parsnips	New Potatoes Steamed Green beans Ratatouille vegetables	Chips Peas Baked beans
PUDDINGS	Yoghurt with watermelon & toppings 50%	Orange & kale cupcake	Vanilla rice pudding with raspberry jam	Pineapple upside down cake & custard 50% fruit	Carrot & raisin flapjack

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YOUR MENU THIS WEEK

Week 7
W/C: 12/10/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH MEAT	Neapolitan pasta	Lamb keema	Rosemary roasted chicken thigh & gravy	Chicken sausages & Mash & gravy	Sustainable battered Fish goujon wrap
MAIN DISH VEGETARIAN	Vegetable tofu chow mein (v)	Mixed bean & vegetable cottage pie topped with cheddar	BBQ vegetable patty (v)	Mixed bean burrito (v)	Courgette, pea & mint baked omelette (v)
SIDES	Sweetcorn Roasted peppers Basil foccacia	Wholegrain Rice & Peas Spinach & Kale	Skin on roast Potatoes Carrots Winter Greens	Broccoli Mixed salad	Chips Peas Baked beans
PUDDINGS	Yoghurt with diced fruit & toppings	Giant oat & sultana cookie	Pear & chocolate Brownie & chocolate custard	Sticky toffee apple pudding & custard	Fruit flapjack

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YOUR MENU THIS WEEK

Week 8
W/C: 19/10/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH MEAT	Sweet potato mac 'n' cheese (v)	Chilli con carne (lamb)	Slow roasted pork shoulder with gravy	Southern spiced turkey burger with spicy mayo	Breaded salmon fishcakes or Sustainable battered fish of the day
MAIN DISH VEGETARIAN	Spinach, lentil & cheese sausage roll (v)	Beetroot burger & sweet chilli sauce (v)	Vegetable moussaka (v)	Chickpea & Lentil dahl (v)	Butternut squash, carrot & chickpea mild green thai curry (v)
SIDES	Broccoli Carrot Slaw Potato wedges	Wholegrain Rice Steamed greens	Herb Diced Roast Potatoes Parsnips & Carrots Red cabbage slaw	Roasted Squash Mixed Salad Naan bread	Chips Peas Baked beans
PUDDINGS	Lemon & courgette Cake	Seasonal fruit crumble & custard 50%	orange cookie with 1/2 a glass of milk	Yoghurt with honeydew & topping 50%	Banana loaf & custard

AVAILABLE DAILY:
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