



WEEK 1 MENU

w/c - 01/11, 22/11, 13/12, 03/01,
24/01, 21/02, 14/03



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--|---|---|---|---|
| | WORLD FOOD DAY | STREET FOOD DAY | ORIGINALS DAY | PLANET EARTH DAY | FRIDAY FAVOURITES |
| MAIN 1 | Sausage & Gravy  | Chicken & Sweetcorn Quesadilla | Roast Gammon | Macaroni Cheese   | Fish Finger Bap |
| Main 2 | Quorn Sausage & Gravy  | Vegetable Quesadilla  | Roasted Quorn Fillet & Gravy  | Chickpea and Spinach Curry  | Vegetable Plait  |
| Carbohydrates | Mashed Potato Wholemeal Penne Pasta  | Warm Lemon Cous-Cous or Wholemeal Penne Pasta  | Roasted Potatoes or Wholemeal Penne Pasta  | Braised Turmeric Rice or Wholemeal Penne Pasta  | Oven Baked Chips |
| Vegetables | Broccoli Garden Peas | Garden Peas Roasted Peppers | Fresh Glazed Carrots Savoy Cabbage | Broccoli Sweetcorn Mixed Salad | Garden Peas Baked Beans Mixed Salad  |
| Desserts | Chocolate Beetroot Cake  Organic Yoghurts  | Orange Jelly  Organic Yoghurts  | Autumn Fruit Crumble and Custard Organic Yoghurts  | Apple Shortbread Fresh Fruit Wedges Organic Yoghurts  | Mango Frozen Yoghurt Organic Yoghurts  |

AVAILABLE DAILY: Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)

 **Future 50** Contains one or more of the top 50 most sustainable foods in the world!

 **Vegetarian**  **Vegan**  **Organic**

For allergen content please speak to member of staff who will be happy to assist



Working together

WEEK 2 MENU

w/c - 08/11, 29/11, 10/01, 31/01,
28/02, 21/03



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|---|---|--|--|--|
| | WORLD FOOD DAY | PLANET EARTH DAY | ORIGINALS DAY | STREET FOOD DAY | FRIDAY FAVOURITES |
| MAIN 1 | Braised Beef Meatballs, Tomato Sauce | Wholemeal Cheese & Tomato Pizza | Roast Chicken | Oven Baked Katsu Style Chicken Curry | Oven Baked Fish Fingers |
| Main 2 | Vegan Meatballs | Cauliflower and Chickpea Curry | Tomato and Sticky Onion Tart | Chinese Vegetable Noodles | Falafel & Sweet Potato Hummus Salad Wrap |
| Carbohydrates | Braised Rice or Wholemeal Penne Pasta | Garlic Bread, Braised Rice or Wholemeal Penne Pasta | Roasted Potatoes or Wholemeal Penne Pasta | Boiled White and Brown Rice or Penne Pasta | Oven Baked Chips |
| Vegetables | Roasted Vegetables Mixed Salad | Coleslaw | Garden Peas Fresh Carrots and Diced Swede | Broccoli Florets Sweetcorn | Garden Peas Carrots Baked Beans |
| Desserts | Carrot & Apple Muffin Organic Yoghurts | Mandarin Cheesecake Organic Yoghurts | Autumn Cake Organic Yoghurts | Freshly Made Vanilla Cookie Organic Yoghurts | Bananas and Custard Organic Yoghurts |

AVAILABLE DAILY: Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)



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Vegetarian



Vegan



Organic

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Working together

WEEK 3 MENU

w/c – 15/11, 6/12, 17/01, 07/02,
07/03, 28/03



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|---|--|---|--|---|
| | STREET FOOD DAY | WORLD FOOD DAY | ORIGINALS DAY | PLANET EARTH DAY | FRIDAY FAVOURITES |
| MAIN 1 | Chicken Tikka Pitta Pocket | Freshly Made Burger In a Bun | Roast Pork | Cauliflower & Broccoli Crunchy Cheese Bake | Oven Baked Fish Fingers |
| Main 2 | Vegan Potato and White Bean Chilli | Southern Baked Quorn Burger, Bun & Salad | Vegan Shepherdess Pie | Roasted Vegetable Wholemeal Pasta Bake | Quorn Dippers and Tomato Salsa |
| Carbohydrates | Braised Rice or Wholemeal Penne Pasta | Half Jacket Potato or Wholemeal Penne Pasta | Roast Potatoes or Penne Pasta | Garlic and Parsley Bread or Penne Pasta | Oven Baked Chips |
| Vegetables | Green Beans Half Corn Cob | Roasted Sweetcorn Broccoli Florets | Roasted Carrots Roasted Parsnips | Roasted Peppers Garden Peas | Garden Peas Baked Beans |
| Desserts | Lemon Curd Meringue Pizza Slice Organic Yoghurts | Raspberry Jelly Organic Yoghurts | Chocolate Bread & Butter Pudding Organic Yoghurts | Apple & Rhubarb Fruit Plait Organic Yoghurts | Oatey Raspberry Flapjack Organic Yoghurts |

AVAILABLE DAILY: Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)

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Vegetarian **Vegan** **Organic**

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