

w/c 7th October, 28th October, 18th November, 9th December, 30th December, 20th January, 10th February

WEEK ONE

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Main Event	Ham, Cheese and Tomato Pasta Bake v	All Day Breakfast ▲	Roast Chicken and Gravy with Mash ▲	Chicken Curry and Rice ▲	Golden Fish Fingers and Chips
	Wholewheat penne with the ultimate tomato sauce topped with cheese	Grilled sausage, bacon, beans, tomato and hash brown	Chicken fillets with mash, stuffing and gravy	Marinated chicken thigh pieces in a buttery curry sauce with rice	MSC pollock fish fingers with chips and peas
Vegetarian Section	Quorn Meatballs and Spaghetti v	Veggie All Day Breakfast v	Quorn Roast and Gravy with Mash v	Cauliflower and Lentil Jalfrezi and Rice v	Cheese and Bean Wrap and Chips v
	Quorn meatballs in a tasty tomato sauce with wholewheat spaghetti	Veggie sausage, egg, beans, tomato and hash brown	Quorn roast with mash, sage and onion stuffing and gravy	Lightly spiced cauliflower and lentil curry with rice	Half a wholewheat wrap stuffed with baked beans and cheese
Packed Lunch	Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit ■				
Jacket Potatoes	Jacket Potato with Toppings ◆				
The Finale	Italian Crumble Cake	Winter Sponge	Fruity Loaf	New York Cheesecake	Lemon Cookie
	Crumble base filled with apples topped with even more crumble	Orange and cinnamon sponge	Mixed dried fruit cake with soft brown sugar and cinnamon	Baked cheesecake with fruit topping	Zesty lemon cookie with juicy fruit

THEME DAYS

Trip to France

Italian Day Out

Try our Scottish Menu

We offer seasonal vegetables, bread, yoghurt and fruit daily. (allergy information is available)

w/c 14th October, 4th November, 25th November, 16th December, 6th January, 27th January, 17th February

WEEK TWO

MONDAY
Authentic Italian

TUESDAY
Family Faves

WEDNESDAY
Baking British

THURSDAY
Food Festival

FRIDAY
Fun Day

Main Event

Pepperoni, Cheese and Tomato Pizza v
Pizza topped with tomato sauce, pepperoni and cheese

Beef Lasagne ▲
Layers of pasta with minced beef and tomato sauce topped with cheese

Sausage with Mash ▲
Pork sausage with mash and gravy

Chicken Fajitas ▲
Marinated chicken with sliced vegetables, rice and a wheat wrap

Golden Fish Cake and Chips
fish cake with chips

Vegetarian Section

Tomato and Roasted Veggie Risotto v
Roasted peppers, courgettes and tomatoes with edamame beans and rice

Vegetable Lasagne v
Layers of pasta with vegetables and tomato sauce topped with cheese

Quorn Sausage with Mash v
Quorn sausage with Mash and gravy

Quorn Fajitas v
Marinated Quorn with sliced vegetables, rice and a wheat wrap

Onion and Cheddar Quiche and Chips v
Wholemeal pastry with a caramelised onion and cheddar filling.

Packed Lunch

Freshly Filled Sandwich or Roll,
Healthy Snack, Home Bake and Piece of Fruit

Jacket Potatoes

Jacket Potato with Toppings

The Finale

Tiramisu
Soft cheese and cream layers with sponge and cocoa

Winter Fruit Brulee
Dessert pot with berries, cream and yoghurt with a crunchy topping

Apple and Berry Crumble
Baked apples and berries topped with an oaty crumble

Mexican Chocolate Pudding
Chocolate and cinnamon flavoured sponge and sauce..

Ginger Cookie and Fruit Slices
Ginger Cookie with juicy fruit

THEME DAYS

Fairytale Festival

Chinese New Year

Pancake Day

We offer seasonal vegetables, bread, yoghurt and fruit daily.
(allergy information is available)

w/c 21st October, 11th November, 2nd December, 23rd December, 13th January, 3rd February, 24th February

WEEK THREE

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Main Event	Macaroni Cheese v Baked cheesy pasta with a crunchy topping	Minced Beef Pie ▲ Minced beef and carrot pie with gravy and mash	Roast Chicken and Gravy with Roast Potatoes ▲ Chicken fillets with roast potatoes, sage and onion stuffing and gravy	Hot Dog and BBQ Beans ▲ Hot Dog sausage in a roll with BBQ flavoured beans	Golden Fish Fingers and Chips MSC pollock fish fingers with chips
Vegetarian Section	Quorn Bolognese v Quorn, vegetable and tomato sauce with wholewheat spaghetti	Crispy Topped Vegetarian Pie v Crunchy vegetables in sauce with sliced potato topping	Quorn Roast and Gravy with Roast Potatoes v Quorn Roast with Roast potatoes, sage and onion stuffing and gravy	Veggie Dog and BBQ Beans v Veggie sausage in a roll with BBQ flavoured beans	Cheese & Tomato Pinwheel with Chips v Baked bread base with cheese and tomato filling with chips
Packed Lunch	Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit ■				
Jacket Potatoes	Jacket Potato with Toppings ◆				
The Finale	Lemon Drizzle Flapjack Oaty flapjack topped with a lemon drizzle	Sticky Ginger Cake Traditional sticky ginger sponge with custard.	Fruity Rice Pudding Chilled rice pudding with caramelised pineapple	Vanilla and Blueberry Blondie Chewy, fruity traybake with vanilla and blueberries	Oaty Cookie Oat Cookie with juicy fruit

THEME DAYS

Trip to Wales

Best of British

And lots more ...

We offer seasonal vegetables, bread, yoghurt and fruit daily. (allergy information is available)