

WEEK 1

w/c 2/11 23/11 14/12

Chicken and Sweetcorn Pie with Gravy
or
Jacket Potato with choice of Fillings (v)
Rainbow Vegetables, Mixed Salad
Vanilla Shortbread

Beef Burger with Jacket Wedges and Tomato Sauce
or
Veggie Bolognaise with Pasta (v)
Sweetcorn, BBQ Beans
Caramel Krispie Cake

Roast Chicken with Stuffing, Gravy
and Roast Potatoes
or
Jacket Potato with Choice of Fillings (v)
Broccoli, Carrots
Chocolate Cookie

Lazagne with Garlic Bread
or
Stir Fried Noodles & Vegetables (v)
Super Greens, Golden Corn
Chocolate & Banana Cake

MSC Salmon Fingers or White Fish Fingers
with Chips & Tomato Sauce
or
Jacket Potato with a choice of fillings (v)
Baked Beans, Garden Peas
Strawberry Jelly and Pineapple Chunks

WEEK 2

w/c 9/11 30/11

Chicken Curry with Rice
or
Mac and Cheese (v)
Garden Peas, Roasted Courgettes
Chocolate Cookie

Sausage & Mash
or
Jacket Potato with a
choice of fillings (v)
Broccoli, Rainbow Vegetables
Vanilla Ice Cream

Roast Gammon with Gravy & Roast Potatoes
or
Veggie Sausages with Roast Potatoes
& Gravy
Shredded Cabbage, Carrots
Flapjack

Cheese & Tomato French Bread Pizza (v)
or
Jacket Potato with Choice of Fillings (v)
Golden Corn and Peppers, Green Beans
Pear Crunch Cake

Breaded Fish with Tomato Sauce
and Chips
or
Veggie Burrito (v)
Baked Beans, Garden Peas
Vanilla Shortbread

WEEK 3

w/c 16/11 7/12

Macaroni Bolognaise
or
Jacket Potato with Choice of Fillings (v)
Golden Corn, BBQ Beans
Pineapple Upside Down Cake

Rainbow Vegetable and Chicken Stir Fry
or
Veggie Hot Dog with Potato Wedges
and Tomato Sauce (v)
Green Beans, Cauliflower
Chocolate Cookie

Roast Pork with Gravy and Roast Potatoes
or
Jacket Potato with a choice of fillings (v)
Broccoli, Carrots
Lemon Curd Shortbread

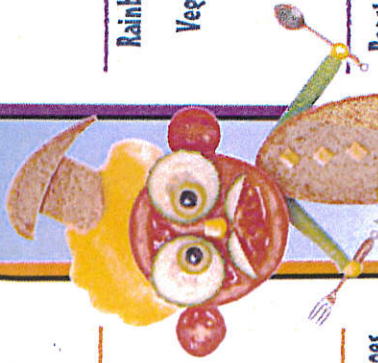
Cheese and Tomato Pizza served
with Jacket Wedges (v)
or
Veggie Chilli with Rice (v)
Golden Corn, Mixed Salad
Chocolate and Beetroot Brownie

Battered Cod with Chips and Tomato Sauce
or
Jacket Potato with choice of fillings (v)
Baked Beans, Garden Peas
Strawberry Jelly and Peach Slices

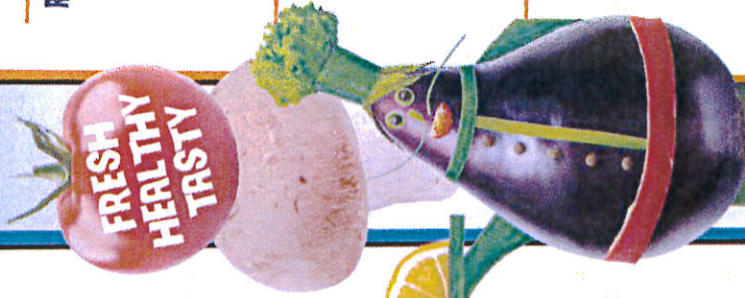


Smile food that makes you happy

(V) Suitable for Vegetarians



WE USE LOCALLY
SOURCED INGREDIENTS
WHEN AVAILABLE
AND IN SEASON



SERVED DAILY - FRESHLY BAKED BREAD, FRESH FRUIT, YOGHURTS AND FRESH DRINKING WATER.