

WEEK ONE
3rd Sept, 24th Sept, 15th Oct, 12th Nov
3rd Dec, 7th Jan, 28th Jan

WEEK TWO
10th Sept, 1st Oct, 22nd Oct, 19th Nov
10th Dec, 14th Jan, 4th Feb

WEEK THREE
17th Sept, 8th Oct, 5th Nov, 26th Nov
17th Dec, 21st Jan, 11th Feb

Monday	
Meat / Fish Option	Sausage & Bean Casserole with Sauteed Potatoes
Vegetarian Option	Vegetarian Sausage & Bean Casserole with Sauteed Potatoes
Jacket Potato / Chilled Option	Jacket Potato topped with Tuna Mayonnaise
Vegetables	Peas Sweetcorn
Dessert of the Day	Lemon Drizzle Cake
Tuesday	
Meat / Fish Option	Beef Bolognese served with Fusilli Pasta
Vegetarian Option	Lentil Bolognese served with Fusilli Pasta
Jacket Potato / Chilled Option	Cheese & Tomato Baguette
Vegetables	Mixed Salad Carrots
Dessert of the Day	Chocolate Mousse
Wednesday	
Meat / Fish Option	Roast Pork served with Roast or New Potatoes, Gravy & Apple Sauce
Vegetarian Option	Cheese, Tomato & Basil Pasta Bake
Jacket Potato / Chilled Option	Salmon & Leek Fish Cakes
Vegetables	Roast Parsnip Butternut Squash
Dessert of the Day	Bananas & Custard
Thursday	
Meat / Fish Option	Chicken & Red Pepper Pizza
Vegetarian Option	Tunisian Cous Cous
Jacket Potato / Chilled Option	Vegetable & Lentil Soup served with Crusty Bread
Vegetables	Green Beans Cauliflower
Dessert of the Day	Flapjack
Friday	
Meat / Fish Option	Fish Fingers served with Chipped Potatoes
Vegetarian Option	Vegetable Frittata served with Chipped Potatoes
Jacket Potato / Chilled Option	Jacket Potato topped with Cheese & Coleslaw
Vegetables	Baked Beans Peas
Dessert of the Day	Ice Cream

Monday	
Meat / Fish Option	Chicken Chow Mein
Vegetarian Option	Macaroni Cheese served with Homemade Garlic Bread
Jacket Potato / Chilled Option	Jacket Potato topped with Cheese
Vegetables	Green Beans Sweetcorn
Dessert of the Day	Chocolate Beetroot Brownie
Tuesday	
Meat / Fish Option	Homemade Beef Burger served with Potato Wedges
Vegetarian Option	Homemade Vegetarian Burger served with Potato Wedges
Jacket Potato / Chilled Option	Cheese & Coleslaw Baguette
Vegetables	Roasted Tomato Mixed Salad
Dessert of the Day	Banana Cake topped with Frosting
Wednesday	
Meat / Fish Option	Roast Chicken served with Roast or New Potatoes & Gravy
Vegetarian Option	Vegetarian Toad in the Hole served with Roast or New Potatoes, Gravy
Jacket Potato / Chilled Option	Jacket Potato topped with Tuna Mayonnaise
Vegetables	Broccoli Carrots
Dessert of the Day	Apple Pie
Thursday	
Meat / Fish Option	Cottage Pie
Vegetarian Option	Quorn Cottage Pie
Jacket Potato / Chilled Option	Cheese & Tomato Pitta Pocket
Vegetables	Creamed Leeks Peas
Dessert of the Day	Chocolate & Oat Dream Cookie
Friday	
Meat / Fish Option	Battered Fish served with Chipped Potatoes
Vegetarian Option	Vegetarian Lasagne served with Chipped Potatoes
Jacket Potato / Chilled Option	Jacket Potato topped with Beans & Cheese
Vegetables	Sweetcorn Baked Beans
Dessert of the Day	Fruit Jelly

Monday	
Meat / Fish Option	Thai Green Curry served with Rice
Vegetarian Option	Cheese & Pasta Bake
Jacket Potato / Chilled Option	Jacket Potato topped with Cheese & Beans
Vegetables	Cauliflower Peas
Dessert of the Day	Pear & Berry Crumble with Custard
Tuesday	
Meat / Fish Option	Sausage & Mashed Potato served with Gravy
Vegetarian Option	Spicy Vegetable Rice
Jacket Potato / Chilled Option	Italian Chicken Wrap
Vegetables	Baked Beans Green Beans
Dessert of the Day	Chocolate Fudge Cake & Custard
Wednesday	
Meat / Fish Option	Roast Lamb served with Roast or New Potatoes & Gravy
Vegetarian Option	Vegetable Quiche
Jacket Potato / Chilled Option	Chicken Tikka Baguette
Vegetables	Carrots Swede
Dessert of the Day	Bread & Butter Pudding with Custard
Thursday	
Meat / Fish Option	Lasagne served with Homemade Garlic Bread
Vegetarian Option	Cheese & Tomato Pizza
Jacket Potato / Chilled Option	Jacket Potato topped with BBQ Beans
Vegetables	Courgette Mixed Salad
Dessert of the Day	Carrot Cake
Friday	
Meat / Fish Option	Fish Fingers served with Chipped Potatoes
Vegetarian Option	Vegetable Chow Mein
Jacket Potato / Chilled Option	Jacket Potato topped with Tuna & Sweetcorn
Vegetables	Peas Sweetcorn
Dessert of the Day	Ice Cream



The following are available daily:
 Freshly prepared salad bar containing 4-6 choices (minimum of 3 with no dressing)
 Organic fresh white & wholemeal crusty bread
 selection of seasonal fresh fruit and low fat yoghurts
 Chilled water
 The carbohydrate is incorporated in the whole dish unless otherwise stated

