

Week one

06/11 25/11 16/12 06/01 27/01 17/02 09/03 30/03

Monday

Choose a main meal...

Mac 'N' Cheese v
Mexican Bean and Potato
Wrap with Rice v **
Jacket Potato with a
selection of fillings

on the side...

Broccoli & Cauliflower
Medley
Green Beans
for dessert...
Chocolate Slice
Fresh Fruit or Yoghurt

Tuesday

Choose a main meal...

Chicken Tikka Masala with
Rice **
Cheese & Tomato Pizza
with Potato Wedges v **
Jacket Potato with a
selection of fillings

on the side...

Peas
Carrots
for dessert...
Orange Drizzle Cake
Fresh Fruit or Yoghurt

Wednesday

Choose a main meal...

Roast Chicken with Roast
Potatoes & Gravy
Shepherdess Pie v
Jacket Potato with a
selection of fillings including
Salmon and Tuna
Mayonnaise ***

on the side...

Carrots
Cabbage
for dessert...
Shortbread Biscuit
Fresh Fruit or Yoghurt

Thursday

Choose a main meal...

Beef Burger in a Bun with
Potato Wedges v
Veggie Pizza Hot Dog with
Potato Wedges v
Jacket Potato with a
selection of fillings

on the side...

Sweetcorn
Mediterranean Vegetables
for dessert...
Apple & Pear Strudel with
Custard
Fresh Fruit or Yoghurt

Friday

Choose a main meal...

Fish Fingers with Chips
Quorn Dippers with Chips
v
Jacket Potato with a
selection of fillings

on the side...

Baked Beans
Peas
for dessert...
Raspberry Ripple Cake
Fresh Fruit or Yoghurt

Week two

11/11 02/12 23/12 13/01 03/02 24/02 16/03

Choose a main meal...

Veggie Spaghetti Bake v
Cheese & Tomato Pizza
with Potato Wedges v **
Jacket Potato with a
selection of fillings

on the side...

Sweetcorn
Broccoli
for dessert...
Mango Frozen Yoghurt
Fresh Fruit or Yoghurt

Choose a main meal...

Chicken & Sweetcorn Pie
with Creamy Mash
Cheesy Bubble & Squeak
Cake v
Jacket Potato with a
selection of fillings

on the side...

Peas
Roasted Peppers and
Sweetcorn
for dessert...
Apple & Berry Crumble with
Custard
Fresh Fruit or Yoghurt

Choose a main meal...

Roast Pork with Roast
Potatoes & Gravy *
Sweet Potato & Chickpea
Roast with Roast Potatoes
& Gravy v
Jacket Potato with a
selection of fillings including
Salmon and Tuna
Mayonnaise ***

on the side...

Roast Pamip
Carrot
for dessert...
Flapjack with Fruit Slices
Fresh Fruit or Yoghurt

Choose a main meal...

Beef Lasagne with Garlic &
Herb Bread * **
Quorn Balls in Tomato
Sauce with Pasta v
Jacket Potato with a
selection of fillings

on the side...

Green Beans
Broccoli & Cauliflower
Medley
for dessert...
Chocolate Cake
Fresh Fruit or Yoghurt

Choose a main meal...

Fish Fingers with Chips
Caramelised Red Onion &
Mozzarella Tart with Chips
v
Jacket Potato with a
selection of fillings

on the side...

Baked Beans
Peas
for dessert...
Raspberry Yoghurt Cake
Fresh Fruit or Yoghurt

Week three

18/11 09/12 30/12 20/01 10/02 02/03 23/03

Choose a main meal...

Cheese & Tomato Pizza
with Potato Wedges v **
BBQ Quorn Burger in a
bun with Potato Wedges v
Jacket Potato with a
selection of fillings

on the side...

Carrots
Peas
for dessert...
Orange Shortbread
Fresh Fruit or Yoghurt

Choose a main meal...

Pork Sausages with
Creamy Mash & Gravy *
Vegetarian Sausages with
Creamy Mash & Gravy v
Jacket Potato with a
selection of fillings

on the side...

Roasted Peppers &
Sweetcorn
Green Bean
for dessert...
Oatle Cookie with Fruit
Slices
Fresh Fruit or Yoghurt

Choose a main meal...

Roast Turkey with Roast
Potatoes & Gravy
Vegetarian Pastry Slice with
Roast Potatoes & Gravy v
Jacket Potato with a
selection of fillings including
Salmon and Tuna
Mayonnaise ***

on the side...

Cabbage
Carrot & Swede Mash
for dessert...
Strawberry Frozen Yoghurt
Fresh Fruit or Yoghurt

Choose a main meal...

Cottage Pie *
Mild Sweet Potato Curry
with Rice v **
Jacket Potato with a
selection of fillings

on the side...

Broccoli
Mediterranean Vegetables
for dessert...
Chocolate & Raspberry
Swirl Cake
Fresh Fruit or Yoghurt

Choose a main meal...

Crispy Fish with Chips
Sweet Potato Burger in bun
with Chips v
Jacket Potato with a
selection of fillings

on the side...

Peas
Baked Beans
for dessert...
Fruity Picnic Bar
Fresh Fruit or Yoghurt

All our
milk is Red
Tractor
approved



WE
BUY **95%**
of our seasonal
vegetables
direct from
British growers



FRESH SALAD
IS AVAILABLE ON
A DAILY BASIS

REDUCING OUR
CARBON
FOOTPRINT
OVER **30%**
of our products are
transported by vehicles
that run on bio diesel

ALL OUR
BANANAS ARE
FAIRTRADE



WE SUPPORT
82 BRITISH
DAIRY
FARMS



We only use
Lion Quality
British Eggs



FARM TO FORK
We can trace every
cut of meat back to
the farms of origin

ALL OUR
BREAD IS
FRESHLY BAKED
EVERY DAY

ALL OUR
BANANAS ARE
FAIRTRADE