

Allergy information available on request



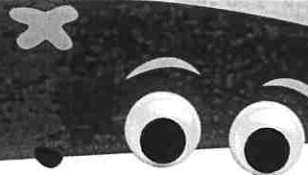
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main				
Macaroni Cheese (v)	Chicken Quesadilla	<i>Chicken</i> Roast of the Day with Roast Potatoes and Gravy	Beef Meatballs with Pasta	Fish and Chips
Vegetarian				
Chickpea and Spinach Curry with Rice (v)	Veggie Quesadilla (v)	Vegan Quorn Fillet with Roast Potatoes and Gravy (v)	Vegan Meatballs with Pasta (v)	Veggie Plait with Chips (v)
3rd Options				
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Vegetables				
Broccoli, Sweetcorn	Mixed Peppers, Peas	Carrots, Cabbage	Cauliflower, Butternut Squash	Peas, Baked Beans
Dessert				
Apple Shortbread	Autumn Fruit Crumble with Custard	Chocolate Beetroot Cake	Fruit Jelly	Fruit Sorbet
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt

1st Nov, 22nd Nov, 13th Dec, 3rd Jan, 24th Jan, 14th Feb, 7th Mar, 28th Mar

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main				
Veggie Wholemeal Pizza (v)	Pork Sausage with Mashed Potatoes and Gravy	<i>Gannon</i> Roast of the Day with Roast Potatoes and Gravy	Chicken Katsu Curry with Rice	Fish and Chips
Vegetarian				
Cauliflower Korma with Rice (v)	Vegan Sausage with Mashed Potatoes and Gravy (v)	Vegetable Wellington with Roast Potatoes and Gravy (v)	Chinese Veggie Noodles with Edamame (v)	Falafel and Sweet Potato Hummus with Chips (v)
3rd Options				
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Vegetables				
Green Beans, Sweetcorn	Broccoli, Peas	Carrots, Swede	Mixed Vegetables	Peas, Baked Beans
Dessert				
Mandarin Cheesecake	Fruit Jelly	Autumnal Iced Cake	Cookie	Fruit Sorbet
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt

8th Nov, 29th Nov, 20th Dec, 10th Jan, 31st Jan, 21st Feb, 14th Mar, 4th Apr

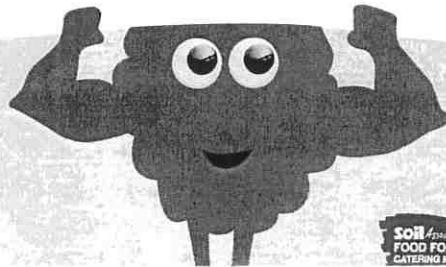
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main				
Veggie Tomato Noodles (v)	Beef Burger in a Bun with Wedges	Roast of the Day with New Potatoes and Gravy <i>Pork</i>	BBQ Chicken with Rice	Fish and Chips
Vegetarian				
Mediterranean Wholemeal Pitta Nachos (v)	Vegan Burger in a Bun with Wedges (v)	Lentil Shepherdess Pie (v)	Veggie Chilli with Rice (v)	Veggie Nuggets and Chips (v)
3rd Options				
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Salmon Mayo or Coleslaw
Vegetables				
Mixed Vegetables	Sweetcorn, Broccoli	Carrots, Parsnips	Green Beans, Cauliflower	Peas, Baked Beans
Dessert				
Chocolate Crispy Cake	Jelly	Raspberry and Coconut Flapjack	Autumn Eton Mess	Fruit Sorbet
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt

15th Nov, 6th Dec, 27th Dec, 17th Jan, 7th Feb, 28th Feb, 21st Mar

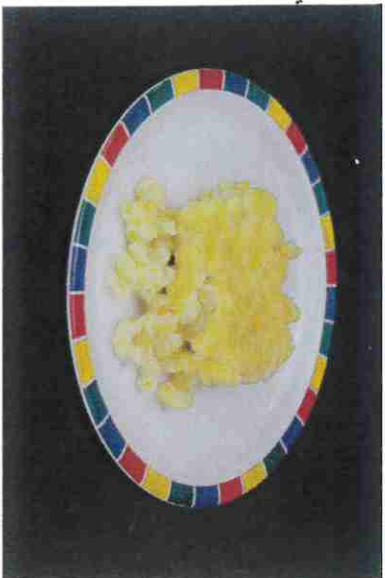


Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.

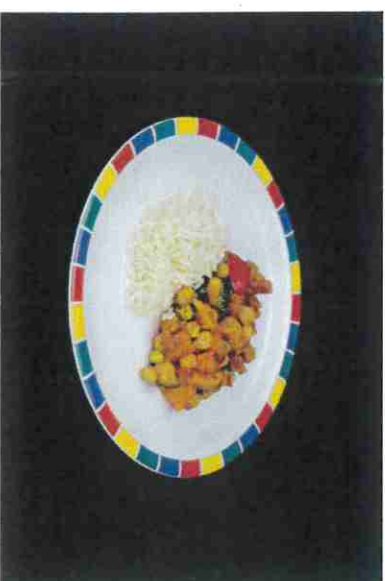
MART



Monday



Macaroni Cheese (v)



Chickpea and Spinach
Curry with Rice (v)

Tuesday

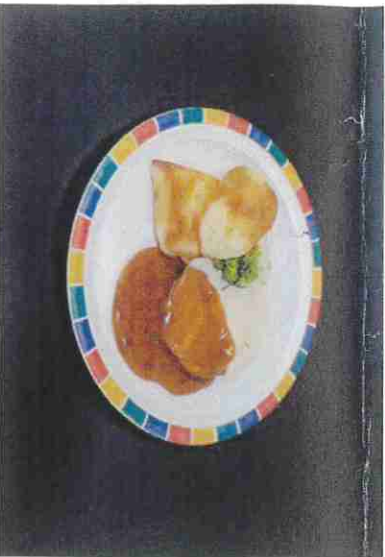


Chicken Quesadilla



Veggie Quesadilla (v)

Wednesday



Roast of the Day with
Roast Potatoes and Gravy



Vegan Quorn Fillet with Roast
Potatoes and Gravy (v)

Thursday



Beef Meatballs with Pasta



Vegan Meatballs with Pasta (v)

Friday



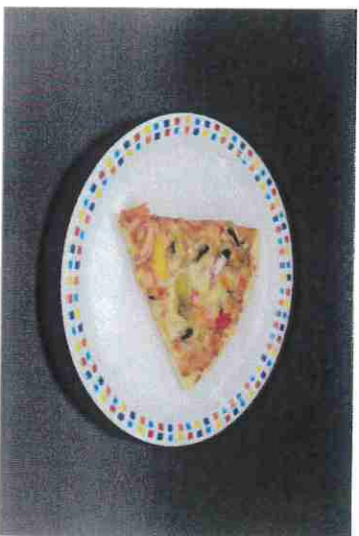
Fish and Chips



Veggie Plait with Chips (v)

Monday

Veggie Pizza on a Wholemeal Base (v)

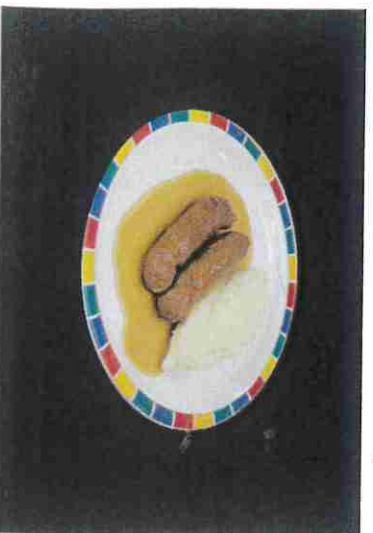


Cauliflower Korma with Rice (v)



Tuesday

Pork Sausage with Mashed Potatoes and Gravy

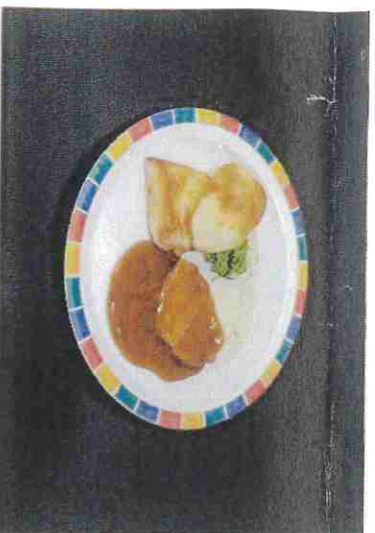


Vegan Sausage with Mashed Potatoes and Gravy (v)



Wednesday

Roast of the Day with Roast Potatoes and Gravy



Vegetable Wellington with Roast Potatoes and Gravy (v)

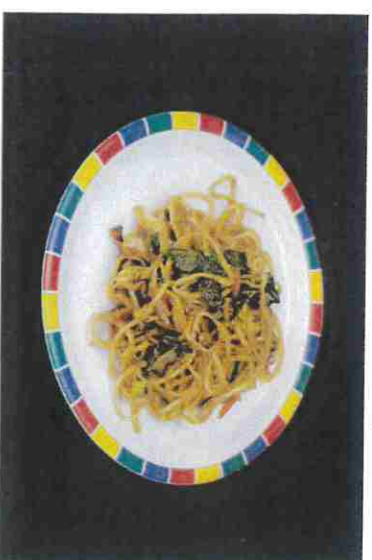


Thursday

Chicken Katsu Curry with Rice



Chinese Veggie Noodles with Edamame (v)

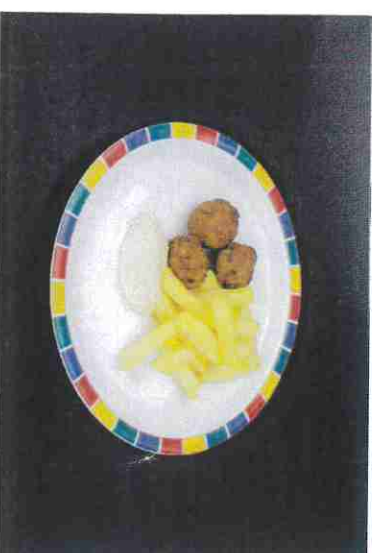


Friday

Fish and Chips



Falafel and Sweet Potato Hummus with Chips (v)



WEEK 3

Monday



Veggie Tomato Noodles (v)



**Mediterranean Wholemeal
Pitta Nachos (v)**

Tuesday



Beef Burger with Wedges



Vegan Burger with Wedges (v)

Wednesday



**Roast of the Day with Roast
Potatoes and Gravy**



Lentil Shepherdess Pie (v)

Thursday



BBQ Chicken with Rice



Veggie Chilli with Rice (v)

Friday



Fish and Chips



Veggie Nuggets and Chips (v)