

Week one

Monday

05/11 26/11 17/12 21/01 11/02 11/03 01/04

Choose a main meal...

Mozzarella & Tomato Pizza**v with Pasta Salad**
Bean Burger in a Bunv
A Selection of Sandwiches & Loaded Jacket Potatoes

on the side...

Carrot Batons, Peas
Fresh Seasonal Salad Bar

for dessert...

Flapjack with Fruit Slices*

Tuesday

Choose a main meal...

Chicken Fillet in a Bun with Jacket Wedges
Creamy Broccoli and Sweetcorn Pasta**v
A Selection of Sandwiches & Loaded Jacket Potatoes

on the side...

Roasted Vegetables
Fresh Seasonal Salad Bar

for dessert...

Crunchy Plum Crumble* with Custard

Wednesday

Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy
Quorn Roastv with Roast Potatoes & Gravy
A Selection of Sandwiches & Loaded Jacket Potatoes

on the side...

Green Beans, Carrot Batons
Fresh Seasonal Salad Bar

for dessert...

Chocolate Ice Cream with Mandarin Segments*

Thursday

Choose a main meal...

Mexican Beef (A Mild Chilli Con Carne) with Rice**
Mac 'N' Cheesev (Macaroni Cheese)
A Selection of Sandwiches & Loaded Jacket Potatoes

on the side...

Sweetcorn, Broccoli
Fresh Seasonal Salad Bar

for dessert...

Brownie Cake with Banana*

Friday

Choose a main meal...

Crispy Fish & Chips
Quorn Dippersv with Chips
A Selection of Sandwiches & Loaded Jacket Potatoes

on the side...

Peas, Carrot Batons & Baked Beans
Fresh Seasonal Salad Bar

for dessert...

Lemon Shortbread with Fruit Slices*

Week two

12/11 03/12 07/01 28/01 25/02 18/03 08/04

Choose a main meal...

Mozzarella & Tomato Pizza**v with Pasta Salad**
Baked Bean & Cheese Wrapv
A Selection of Sandwiches & Loaded Jacket Potatoes

on the side...

Sweetcorn, Peas
Fresh Seasonal Salad Bar

for dessert...

Vanilla Ice Cream with Fruit Slices*

Choose a main meal...

Chicken & Sweetcorn Pie with Creamy Mashed Potato
Vegetarian Sausagesv with Creamy Mashed Potato
A Selection of Sandwiches & Loaded Jacket Potatoes

on the side...

Roasted Vegetables
Fresh Seasonal Salad Bar

for dessert...

Orange & Lemon Sponge Cake with Fruit Slices*

Choose a main meal...

Roast Pork with Roast Potatoes & Gravy
Cheese & Potato Bakev with Roast Potatoes
A Selection of Sandwiches & Loaded Jacket Potatoes

on the side...

Broccoli, Carrot Batons
Fresh Seasonal Salad Bar

for dessert...

Crunchy Chocolate Biscuits with Fruit Slices*

Choose a main meal...

Beef Burger with Potato Wedges
Vegetarian Taginev (Moroccan Style Vegetable Casserole) with Rice**
A Selection of Sandwiches & Loaded Jacket Potatoes

on the side...

Green Beans, Sweetcorn
Fresh Seasonal Salad Bar

for dessert...

Apple & Berry Crumble* with Custard

Choose a main meal...

Golden Cod Fillet Fish Fingers & Chips
Quorn Burgerv with Chips
A Selection of Sandwiches & Loaded Jacket Potatoes

on the side...

Peas, Carrot Batons & Baked Beans
Fresh Seasonal Salad Bar

for dessert...

Flapjack with Banana & Apricot*

Week three

19/11 10/12 14/01 04/02 04/03 25/03

Choose a main meal...

Mozzarella & Tomato Pizza**v with Jacket Wedges
Baked Bean & Cheese Wrapv
A Selection of Sandwiches & Loaded Jacket Potatoes

on the side...

Green Beans, Sweetcorn
Fresh Seasonal Salad Bar

for dessert...

Strawberry Ice Cream with Fruit Slices*

Choose a main meal...

Pork Sausages with Creamy Mashed Potato
Vegetable Lasagne**v
A Selection of Sandwiches & Loaded Jacket Potatoes

on the side...

Broccoli, Sweetcorn
Fresh Seasonal Salad Bar

for dessert...

Raspberry Ripple Cake with Fruit Slices*

Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy
Quorn Roastv with Roast Potatoes & Gravy
A Selection of Sandwiches & Loaded Jacket Potatoes

on the side...

Seasonal Cabbage, Carrot Batons
Fresh Seasonal Salad Bar

for dessert...

Peach Slice* with Custard

Choose a main meal...

Beef Lasagne with a Garlic & Herb Bread Wedge
Vegetable Korma^v with Rice**
A Selection of Sandwiches & Loaded Jacket Potatoes

on the side...

Roasted Vegetables
Fresh Seasonal Salad Bar

for dessert...

Shortbread Fingers with Fruit Slices*

Choose a main meal...

Golden Cod or Crispy Salmon*** Fillet Fish Fingers with Chips
Quorn Sausage & Tomato Pasta Bakev
A Selection of Sandwiches & Loaded Jacket Potatoes

on the side...

Peas, Carrot Batons & Baked Beans
Fresh Seasonal Salad Bar

for dessert...

Pineapple Upside Down Cake** with Custard

All our milk is Red Tractor approved



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



ALL OUR BEEF is from THE UK OR IRELAND

FRESH SALAD IS AVAILABLE ON A DAILY BASIS

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

Self serve Salad Bar available to accompany main meal and fresh Home Baked Breads available throughout the week
Fresh Fruit & Yoghurt and a choice of Organic Milk, Fruit Juice & Cool Water served daily.
*Fruit Based **Wholegrain ***Oily Fish (v) Vegetarian. LOOK OUT FOR OUR EXCITING THEME DAY PROMOTIONS!



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

