

Week one

16/01 06/02 06/03 27/03

Traditional Beef Lasagne with Carrots & Broccoli
Cheese & Tomato Pizza [✓] with Baked Wedges Carrots & Broccoli

Apple Cracknell with Custard*
Custard Biscuit

Turkey Meatballs in Tomato Sauce with Wholegrain Rice** Cauliflower & Garden Peas

Vegetarian Toad in the Hole [✓] with Gravy, New Potatoes, Cauliflower & Garden Peas

Banana Bread & Butter Pudding with Custard*
Crunchy Biscuit

Roast Pork & Glazed Apples, with Mash, Gravy, Carrots & Green Beans
Quorn Roast [✓] with Mash, Gravy, Carrots & Green Beans

Chocolate Cake with Mandarins* & Custard*
Giant Crunchy Cookie

Cottage Pie with Sweetcorn & Roasted Vegetables
Macaroni Cheese [✓] with Sweetcorn & Roasted Vegetables

Fruity Sultana Flapjack with Custard*
Chocolate Oaty Cookie

Golden Fish Fillet Fingers with Chips, Baked Beans & Garden Peas
Italian Style Beary Pasta [✓] with Baked Beans & Garden Peas

Chocolate and Banana Muffin*
Shortbread Fingers

Jacket potatoes are available every day.

Week two

23/01 13/02 13/03 03/04

Wholemeal Meat Feast Pizza with Sweetcorn & Roasted Vegetables

Baked Bean Hot Pot [✓] with Wholegrain Rice** Sweetcorn & Roasted Vegetables

Chocolate Marble Cake with Warm Berry Compote*
Custard Biscuit

Local Sausages with Mash, Gravy, Garden Peas & Carrots

Vegetable Lasagne [✓] with Garden Peas & Carrots

Fruity Delight*
Crunchy Biscuit

Roast Gammon, with Roast Potatoes, Gravy, Swede & Broccoli
Cheesy Hot Pot [✓] with Swede & Broccoli

Pineapple Upside Down Cake with Custard*
Giant Crunchy Cookie

Baked Lemon Chicken Thigh with Savoury Rice, Seasonal Cabbage & Carrots
Vegetarian Bolognese [✓] with Wholemeal Pasta** Seasonal Cabbage & Carrots

Wholemeal Orange Triangle*
Chocolate Oaty Cookie

Crispy Battered Fillet of Fish with Chips, Baked Beans, Garden Peas & Baton Carrots
Omelette & Baked Beans, [✓] with Chips, Garden Peas & Baton Carrots

Fruit Sponge Cake with Custard*
Shortbread Finger

Week three

30/01 27/02 20/03

Turkey Burger in a Bun with Pasta Salad, Garden Peas & Roasted Vegetables

Vegetable Supreme Pizza [✓] with Baked Cajun Wedges, Garden Peas & Roasted Vegetables

Apple Cake with Custard*
Custard Biscuit

Shepherds Pie with Broccoli & Carrots
Cheddar Cheese & Sweetcorn Quiche [✓] with New Potatoes, Broccoli & Carrots

Fruit Crumble with Custard*
Crunchy Biscuit

Roast Local Turkey with Roast Potatoes Gravy, Sweetcorn & Cauliflower
Country Vegetable Pie [✓] with Roast Potatoes, Sweetcorn & Cauliflower

Banana Sticky Toffee Pudding*
Giant Crunchy Cookie

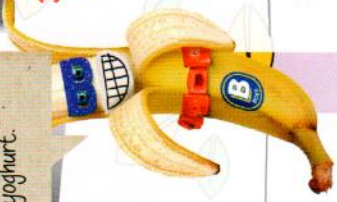
Chicken & Broccoli Pasta Bake** with Roasted Vegetables & Garden Peas
Vegetarian Sausages [✓] with Mash, Roasted Vegetables & Garden Peas

California Fruity Rice Pudding*
Chocolate Oaty Cookie

Salmon Fish Cake or Golden Fish Fingers with Chips, Baked Beans, Sweetcorn & Carrots
Quorn Burger in a Bun [✓] with Tomato Relish, Chips, Baked Beans, Sweetcorn & Carrots

Peach Sponge with Custard*
Shortbread Fingers

If you don't fancy dessert, you can always enjoy fresh fruit or yoghurt.



There is a vegetarian choice every day... and don't forget that salad is available daily.

Keep yourself topped up with water - it will help you concentrate all day long.

Cool water and organic milk served daily. *Fruit based **Wholegrain. Sandwiches with a choice of fillings available daily. We have a fresh seasonal salad bar available daily. Homemade 50/50 bread available daily. Wherever possible we cater for special dietary requests, please speak to your Catering Manager.

