

WEEK 1  
2 Sept  
23 Sept  
14 Oct

# Monday

Mild Chicken Curry with Rice  
OR  
Cheese and Tomato Pizza  
Peas • Carrots  
Ginger Cookie

# Tuesday

Beef Meatballs in Tomato Sauce with Pasta  
OR  
Jacket Potatoes with a Selection of Fillings  
Broccoli • Sweetcorn  
Peach Peasants  
Pudding with Cream

# Wednesday

Roast Chicken with Stuffing  
OR  
Roast Quorn Fillet with Stuffing  
Roast or New Potatoes  
Spring Cabbage • Carrots  
Waffle with Fruit Salad and Chocolate Sauce

# Thursday

Spaghetti Bolognese  
OR  
Quorn Sausage Paella  
Garlic Bread  
Sweetcorn • Green Beans  
Toffee Apple  
Sponge and Cream

# Friday

Oven Baked Fish Fillet  
OR  
Cheese & Tomato Quiche  
Chips or Pasta  
Baked Beans • Peas  
Frozen Strawberry and Vanilla Mousse with Fruit Salad

# Monday

Chicken and Bacon Pasta  
OR  
Cheese and Tomato Pizza  
Carrots • Peas  
Lemon Shortbread

# Tuesday

Homemade Lasagne  
OR  
Vegetarian Meatballs with Tomato Sauce and Rice  
Green Beans • Sweetcorn  
Apple Pie with Cream

# Wednesday

Roast Turkey with Yorkshire Pudding  
OR  
Vegetarian Toad in the Hole with Gravy  
Roast or New Potatoes  
Cauliflower • Carrots  
Raspberry Mousse Slice

# Thursday

Oven Baked Butchers' Beef Burger in a Roll  
OR  
Southern Style Quorn Burger in a Roll  
Broccoli • Sweetcorn  
Carrot Cake with Lemon Topping

# Friday

Oven Baked Fish Fillet  
OR  
Cheese and Onion Pinwheel  
Chips or Pasta  
Peas • Baked Beans  
Ice Cream Roll with Fruit

# Monday

Minced Beef and Vegetable Pie with New Potatoes  
OR  
Cheese and Tomato Pizza  
Sweetcorn • Peas  
Fruity Flapjack

# Tuesday

Teriyaki Chicken and Rice  
OR  
Macaroni Cheese  
Carrots • Green Beans  
Chocolate Brownie

# Wednesday

Roast Gammon with Yorkshire Pudding and Gravy  
OR  
Roast Quorn Fillet with Yorkshire Pudding and Gravy  
Roast or Parsley Potatoes  
Spring Cabbage • Carrots  
Strawberry Jelly with Fruit Salad

# Thursday

Oven Baked Sausages with Mashed Potatoes and Gravy  
OR  
Quorn and Sweet Potato Curry with Rice  
Green Beans • Cauliflower  
Oat and Apricot cookie

# Friday

Salmon Nibbles  
OR  
Crispy Quorn Dippers  
Chips or Pasta  
Baked Beans • Peas  
Iced Fruit Smoothie

WEEK 2  
9 Sept  
30 Sept  
21 Oct

WEEK 3  
16 Sept  
7 Oct



Fresh Fruit, Yoghurt, Yoghurt, Fresh Salad and Bread available. Our menu is nut free