























# WEEK 3

W/C: 13/11, 04/12, 25/12, 15/01, 05/02, 26/02, 18/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	<b>Chilli No Carne with Crispy Tortilla</b>   A tasty vegetarian mince and vegetable chilli served with a crispy tortilla and wholegrain rice	<b>Pork Sausages</b> Pork sausages served with mashed potato and tasty gravy	<b>Roast Pork</b> Succulent roast pork served with fluffy roasties and tasty gravy	<b>Chicken and Vegetable Korma</b>   A mild and tasty chicken and vegetable curry served with wholegrain rice	<b>Breaded Fish Fingers</b> Crispy fish fingers and scrummy chips
	<b>Cheese and Tomato Pizza</b>  Cheesy tomato topped pizza slice served with potato wedges	<b>Cheesy Cauliflower Pasta Bake</b>   A yummy pasta bake served with a garlic and herb bread wedge	<b>Sweet Potato and Chickpea Roast</b>   A chunky sweet potato and chickpea roast served with fluffy roasties and tasty gravy	<b>Vegetarian Cottage Pie</b>   A classic vegetarian cottage pie with veg and gravy	<b>Crispy Quorn Nuggets</b>  Crispy Quorn nuggets and scrummy chips
JACKET POTATO	<b>Jacket Potato</b>  with a choice of fillings	<b>Jacket Potato</b>  with a choice of fillings	<b>Jacket Potato</b>  with a choice of fillings	<b>Jacket Potato</b>  with a choice of fillings	<b>Jacket Potato</b>  with a choice of fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta   					
All main meals are served with two vegetables					
DESSERT	<b>Oatie Cookie with Fruit</b> 	<b>Strawberry Jelly</b>	<b>Orange Shortbread with Fruit</b> 	<b>Vanilla Sponge with Custard</b>	<b>Strawberry Frozen Yoghurt</b>

# THREE WEEK MENU

## AUTUMN/WINTER 2023

£2.85

OUR NEW MENU  
CHOSEN BY  
PARENTS AND  
CHILDREN

YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



# WEEK 1

W/C: 30/10, 20/11, 11/12, 01/01, 22/01, 12/02, 04/03, 25/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	<b>Cheese and Tomato Pizza</b> 🍕 Cheesy tomato topped pizza slice served with potato wedges	<b>Cottage Pie</b> 🍷 A classic cottage pie with veg and gravy	<b>Chicken, Vegetable and Mash Pie</b> 🍷 A tasty chicken and vegetable pie topped with creamy mashed potato and served with tasty gravy	<b>Beef Bolognese</b> 🍷 Served with Wholewheat Pasta and Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Crispy fish fingers and scrummy chips
	<b>Stir Fried Vegetable Rice</b> 🍲 A chinese spiced Quorn, soya and vegetable stir fried rice	<b>Vegetarian Burger</b> 🍷 A Quorn burger in a bun with tomato ketchup served with potato wedges	<b>Vegetable Pastry Roll</b> 🍷 Tasty vegetables wrapped in puff pastry served with fluffy roasties and tasty gravy	<b>Chinese Vegetable and Egg Fried Rice</b> 🍲 A soya bean and vegetable chinese spiced rice dish	<b>Crispy Quorn Nuggets</b> 🍷 Crispy Quorn nuggets and scrummy chips
JACKET POTATO	<b>Jacket Potato</b> 🍷 with a choice of fillings	<b>Jacket Potato</b> 🍷 with a choice of fillings, including Salmon Mayonnaise 🐟	<b>Jacket Potato</b> 🍷 with a choice of fillings	<b>Jacket Potato</b> 🍷 with a choice of fillings	<b>Jacket Potato</b> 🍷 with a choice of fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta 🍷 🌿 🍷					
All main meals are served with two vegetables					
DESSERT	Secret Brownie	Crispy Crackle Bar with Fruit 🍌	Original Flapjack	Carrot, Orange and Sultana Slice 🍌	Vanilla Ice Cream

# WEEK 2

W/C: 06/11, 27/11, 18/12, 08/01, 29/01, 19/02, 11/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	<b>Cheese and Tomato Pizza</b> 🍕 Cheesy tomato topped pizza slice served with potato wedges	<b>Turkey Con Chilli</b> 🍷 A yummy chilli using healthy turkey mince served with wholegrain rice	<b>Roast Beef</b> Succulent roast beef served with fluffy roasties and tasty gravy	<b>Sausage Pasta Bake</b> 🍷 Pork sausages and pasta in a tasty tomato sauce sprinkled with cheese and served with garlic and herb bread	<b>Breaded Fish Fingers</b> Crispy fish fingers and scrummy chips
	<b>Sweet Potato Curry</b> 🍲 A mild and tasty vegetarian curry served with wholegrain rice	<b>Macaroni Cheese</b> 🍷 Cheesy macaroni pasta	<b>Cheesy Leek and Carrot Crumble</b> 🍷 Tasty vegetables with a cheesy crumble topping served with fluffy roasties and tasty gravy	<b>Roasted Cauliflower, Sweet Potato and Chickpea Masala</b> 🍷 A tikka spiced vegetable curry served with wholegrain rice	<b>Crispy Quorn Nuggets</b> 🍷 Crispy Quorn nuggets and scrummy chips
JACKET POTATO	<b>Jacket Potato</b> 🍷 with a choice of fillings	<b>Jacket Potato</b> 🍷 with a choice of fillings	<b>Jacket Potato</b> 🍷 with a choice of fillings	<b>Jacket Potato</b> 🍷 with a choice of fillings	<b>Jacket Potato</b> 🍷 with a choice of fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta 🍷 🌿 🍷					
All main meals are served with two vegetables					
DESSERT	Apple Crumble with Custard 🍌	Crunchy Chocolate Biscuit	Chocolate and Vanilla Marble Cake	Carrot Cake 🍌	Strawberry Ice Cream

## AVAILABLE EVERY DAY

Milk, water, salad, freshly baked bread & fresh fruit. Yoghurt available Tuesday & Thursday

🍷 Vegetarian 🐟 Oily Fish 🍷 Wholegrain 🍌 Fruity! 🍷 Nutritionist's Choice