

Lunch Menu Autumn Winter 2018/9

Week One

W/C: 03/09, 15/10, 26/11, 07/01, 18/02, 01/04

Monday

- Pork Sausage (GF available)
- V Vegetable Sausages
- V (GF) Creamed Potatoes, (GF) Baked Beans
- Baby Carrots
- V (GF) Fresh Fruit Salad or Fruit Yoghurt

Tuesday

- (GF) Fajita Chicken
- V (GF) Vegetable & Chick Pea Curry
- V (GF) Rice, & Baby Carrots
- Lemon Drizzle Cake
- V (GF) Fresh Fruit or Fromage Frais

Wednesday

- (GF) Roast Chicken
- V Mac 'n' Cheese
- V (GF) Roast Potatoes, V (GF) Gravy
- Farmhouse Mixed Vegetables
- V (GF) Raspberry Mousse,
- V (GF) Fresh Fruit or Fruit Yoghurt

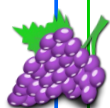
Thursday Meat free day

- V Cheese & Tomato Pizza
- V Vegetable Nuggets
- Salad & Sweetcorn
- V Apple Crumble & Custard
- V (GF) Fresh Fruit or Fruit Yoghurt

Friday

- Cod Goujons (GF available)
- V Vegetable Samosas
- V (GF) Oven Chips
- Spaghetti Hoops & Peas

Baked Potatoes and
fresh salad available
daily



Baked Potatoes and
fresh salad available
daily

Week Two

W/C: 10/09, 22/10, 03/12, 14/01, 25/02

Monday

- (GF) Beef Bolognaise
- V Quorn & Vegetable Bolognaise
- V Penne Pasta
- V Green Beans & Broccoli
- V (GF) Mango & Orange Smoothie
- V (GF) Fresh fruit or Fruit Yoghurt

Tuesday Meat Free day

- V (GF) Baked Potato with Cheese
- V (GF) Beans
- V Quorn Bolognaise with (GF) Rice
- V Fruits of the forest Sponge with Custard
- V (GF) Fresh fruit or Fruit Yoghurt

Wednesday

- (GF) Roast Gammon
- V Cheese Tortellini with Tomato sauce
- V (GF) Roast Potatoes, V (GF) Gravy
- Cabbage, Baby Carrots
- V (GF) Butterscotch Mousse
- V (GF) Fresh fruit or Fruit Yoghurt

Thursday

- Steak Pie
- V (GF) Butternut Risotto
- Mixed vegetables & New Potatoes
- V Chocolate Cake
- V (GF) Fresh fruit or Fruit Yoghurt

Friday

- Breaded Cod Fish Finger (GF available)
- V Roasted Vegetable Quiche
- V (GF) Hash Browns & Peas
- V Vanilla Muffin
- V (GF) Fromage Frais or Fresh Fruit

Baked Potatoes and
fresh salad available
daily



Baked Potatoes and
fresh salad available
daily

Week Three

W/C: 17/09, 29/10, 10/12, 21/01, 04/03

Monday

- (GF) Chicken Korma
- V (GF) Vegetable Korma
- V (GF) Rice, & Carrots
- Chapati
- V (GF) Fresh Fruit or Fruit Yoghurt

Tuesday

- Beef Burgers (GF Available)
- V Vegetable Burgers
- Buns
- Low Sugar Tomato Ketchup
- V Herb Diced Potatoes, & Sweetcorn
- V Scotch Pancakes with Chocolate Sauce
- V (GF) Fresh Fruit or Fruit Yoghurt

Wednesday

- (GF) Roast Turkey
- V Stuffed Peppers
- V (GF) Roast Potatoes & V (GF) Gravy
- Peas & Green Beans
- V (GF) Strawberry Jelly
- V (GF) Fresh Fruit or Fromage Frais

Thursday - Meat free day

- V Green Pesto Pasta
- Baked Potato with Beans & Cheese
- V Garlic Bread
- V Syrup Sponge & Custard
- V (GF) Fresh Fruit or Fruit Yoghurt

Friday

- Breaded Fishcake (GF available)
- V Cheese & Onion Pasty
- Salmon & Broccoli Pasta
- V (GF) Oven Chips, V (GF) Baked Beans
- V Mini Ring Doughnuts
- V (GF) Fresh fruit or Fruit Yoghurt

Lunch Menu Autumn Winter 2018/9

Week Four

W/C: 24/09, 05/11, 17/12, 28/01, 11/03

Monday

Italian Beef Meatballs *(GF available)*
 V Quorn Meatballs
 V *(GF)* Rice
 Mixed Vegetables
 V *(GF)* Chocolate Chip Mousse
 V *(GF)* Fromage Frais & Fresh fruit

Baked Potatoes and
fresh salad available
daily

Tuesday Meat free day

V *(GF)* Vegetable Biryani with V *(GF)* Rice
 V Roasted Vegetable Penne Pasta
 Chapati
 V *(GF)* Raspberry Smoothie
 V *(GF)* Fruit Yoghurt & Fresh fruit

Wednesday

(GF) Roast Chicken
 V *(GF)* Vegetable Fajita
 Fajita Wraps
 V *(GF)* Roast Potatoes
 Carrots, & Green beans
 V Spotted Dick with custard
 V *(GF)* Fruit Yoghurt & Fresh fruit

Thursday

Sausage Plait
 V Vegetable Gratin
 New potatoes
 Farmhouse Mixed vegetables
 V *(GF)* Orange Jelly
 V *(GF)* Fruit Yoghurt & Fresh fruit

Friday

Breaded Cod Bites *(GF available)*
 V *(GF)* Spanish Omelette
 V *(GF)* Rosti Potatoes
 V Spaghetti hoops, & Peas



Baked Potatoes and
fresh salad available
daily

Week Five

W/C: 01/10, 12/11, 24/12, 04/02, 18/03

Monday

Sausage *(GF available)*
 V Vegetable sausage
 Yorkshire Pudding & V *(GF)* Gravy
(GF) Mash potatoes
 Carrots & Green beans
 V *(GF)* Greek Yoghurt
 V *(GF)* Fruit Yoghurt & Fresh fruit

Baked Potatoes and
fresh salad available
daily

Tuesday

Pepperoni Pizza
 V Cheese & Tomato Pizza
 V *(GF)* Baked Beans
 V *(GF)* Fresh Melon
 V *(GF)* Yoghurt or Fresh fruit

Wednesday

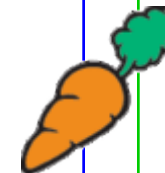
(GF) Roast Gammon Ham
 V Sweet & Sour Vegetable Noodles
 V *(GF)* Roast Potatoes, V *(GF)* Gravy
 Baby Carrots, & Broccoli
 V *(GF)* Butterscotch Mousse
 V *(GF)* Fruit Yoghurt or Fresh Fruit

Thursday Meat Free day

V Roasted Cherry Tomato & Basil Pasta
 V Bean & Vegetable Pasty
 Garlic Bread & Peas
 V Coconut & Jam Sponge & custard
 V *(GF)* Fruit Yoghurt or Fresh fruit

Friday

Breaded Haddock Fillet *(GF available)*
 V Vegetable Samosa
 Flaked Salmon Pasta
 V *(GF)* Oven Chips V *(GF)* Sweetcorn



Week Six

W/C: 08/10, 19/11, 31/12, 11/02, 25/03

Monday

Beef & Tomato Pasta
 V Vegetable & Basil Pesto Pasta
 Broccoli & Carrots
 V *(GF)* Orange Jelly with cream
 V *(GF)* Fruit Yoghurt or Fresh Fruit

Tuesday Meat free day

V *(GF)* Jacket Potato with cheese
 V *(GF)* Beans
 Tuna & Sweetcorn Pasta bake
 V Sticky Toffee Pudding with Custard
 V *(GF)* Fruit Yogurt or Fresh Fruit

Wednesday

(GF) Roast Chicken
 V Cauliflower & Broccoli Mornay
 V *(GF)* Roast Potatoes & V *(GF)* Gravy
 Farmhouse Mixed Vegetables
 V *(GF)* Fresh Melon & Pineapple
 V *(GF)* Fruit Yoghurt or Fresh Fruit

Thursday

Hot Dog with a Bun
 V Vegetable Hot Dog
 V Curly fries
 Sweetcorn
 V *(GF)* Fresh Pineapple with Natural Yoghurt
 V *(GF)* Fresh Fruit

Friday

Breaded white Fish Fillet *(GF available)*
 V Vegetable Spring Rolls
 V *(GF)* Hash browns & V *(GF)* Baked Beans
 V Chocolate Brownie

As with all food retailers our suppliers take every care to remove bones from relative products. Fish and meat products may contain bones due to the way the products are manufactured.