



# WEEK 1

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

**AUTUMN/WINTER 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<b>Cheese and Tomato Pizza</b> 🌱 🌿 Served with Potato Wedges	<b>Classic Beef Burger</b> Served with Potato Wedges	<b>Roast Chicken</b> Served with Roast Potatoes and Gravy	<b>Beef Bolognese</b> 🍖 🍷 Served with Wholewheat Pasta and Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
JACKET POTATO	<b>Stir Fried Vegetable Rice</b> 🌱 🌿 🍷	<b>Vegetarian Burger</b> 🌱 Served with Potato Wedges	<b>Vegetable Pastry Roll</b> 🌱 Served with Mashed Potato and Gravy	<b>Vegetarian Bolognese</b> 🌱 🍷 🌿	<b>Crispy Quorn Nuggets</b> 🌱 Served with Chips
	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings,	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta 🌱 🌿					
All main meals are served with two vegetables					
DESSERT	<b>Chocolate Brownie</b>	<b>Raspberry Yoghurt Cake with Fruit</b> 🍓	<b>Banana Cake</b> 🍌	<b>Original Flapjack</b>	<b>Vanilla Ice Cream</b>

**PACKED LUNCH AVAILABLE**  
Ham and Cheese and Tuna sandwich available daily with veg sticks and fresh fruit or dessert of the day

**AVAILABLE EVERY DAY**  
Water, salad, freshly baked bread, yoghurt & fresh fruit

🌱 Vegetarian 🐟 Oily Fish 🌿 Wholegrain  
🍏 Fruity! 🍷 Nutritionist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.



# WEEK 2

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

**AUTUMN/WINTER 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<b>Cheese and Tomato Pizza</b> ♻️ 🌱 Served with Potato Wedges	<b>Turkey Con Chili</b> 🌱 🍷 Served with Wholegrain Rice	<b>Roast Beef</b> Served with Roast Potatoes and Gravy	<b>Lamb Bolognese</b> 🍷 🍷 Served with Wholewheat Pasta	<b>Breaded Fish Fingers</b> Served with Chips
JACKET POTATO	<b>Vegetarian Cottage Pie</b> ♻️ 🍷 Served with Gravy	<b>Macaroni Cheese</b> ♻️	<b>Cheesy Leek and Carrot Crumble</b> ♻️ 🍷 Served with Roast Potatoes and Gravy	<b>Vegetarian Lasagne</b> ♻️ 🍷 🍷 Served with Garlic and Herb Bread	<b>Crispy Quorn Nuggets</b> ♻️ Served with Chips
DESSERT	<b>Jacket Potatoes</b> 🍷 ♻️ with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 ♻️ with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 ♻️ with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 ♻️ with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 ♻️ with a choice of hot and cold fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta ♻️ 🌱					
All main meals are served with two vegetables					
DESSERT	<b>Apple Crumble with Custard</b> ♻️	<b>Crunchy Chocolate Biscuit</b>	<b>Chocolate and Vanilla Marble Cake</b>	<b>Chocolate Shortbread with Fruit</b> ♻️	<b>Strawberry Ice Cream</b>

**PACKED LUNCH AVAILABLE**  
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**AVAILABLE EVERY DAY**  
Water, salad, freshly baked bread, yoghurt & fresh fruit

♻️ Vegetarian
🐟 Oily Fish
🌱 Wholegrain  
🍏 Fruity!
🍷 Nutritionist's Choice

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# WEEK 3

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

**AUTUMN/WINTER 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<b>Cheese and Tomato Pizza</b> 🌱 🌿 Served with Potato Wedges	<b>Cottage Pie</b> ❤️ Served with Gravy	<b>Roast Turkey</b> Served with Roast Potatoes and Gravy	<b>Chicken and Vegetable Korma</b> 🌱 🌿 ❤️ Served with Wholegrain Rice	<b>Southern Fried Chicken</b> Served with Chips
JACKET POTATO	<b>Chilli No Carne with Crispy Tortilla</b> 🌱 🌿 ❤️ Served with Wholegrain Rice	<b>Vegetarian Lasagne</b> 🌱 🌿 ❤️ Served with Garlic and Herb Bread	<b>Sweet Potato and Chickpea Roast</b> 🌱 🌿 ❤️ Served with Roast Potatoes and Gravy	<b>Sweet and Sour Vegetables</b> 🌱 🌿 ❤️ Served with Wholegrain Rice	<b>Crispy Quorn Nuggets</b> 🌱 Served with Chips
DESSERT	<b>Jacket Potatoes</b> ❤️ 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> ❤️ 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> ❤️ 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> ❤️ 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> ❤️ 🌱 with a choice of hot and cold fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta 🌱 🌿					
All main meals are served with two vegetables					
DESSERT	<b>Magic Apple and Cinnamon Bake</b> 🌱	<b>Strawberry Jelly</b>	<b>Banana Cake</b> 🌱	<b>Vanilla Sponge with Custard</b>	<b>Chocolate Ice Cream with Shortbread Biscuit</b>

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🌱 Vegetarian 🐟 Oily Fish 🌿 Wholegrain  
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