

Week 1 W/C: 4 Sept / 25 Sept / 16 Oct / 13 Nov / 4 Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Bolognese & Pasta	Ham Cheese & Potato Layer Bake	Pork Sausage s & Gravy	Pepperoni Pizza	
Veggie		Tomato Tumble		Margherita Pizza	
Sides	Baby Carrots or Salad Bar	Country Mixed Vegetables or Salad Bar	Roast Potatoes & Broccoli or Salad Bar	Potato Wedges & Sweetcorn or Salad Bar	Whole Wheat Spaghetti Hoops or Peas or Salad Bar
Jacket/Roll	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham
Dessert	Fruit or Yoghurt	Homemade Oat & Cranberry Biscuit, Fruit or Yoghurt	Berry Flapjack, Fruit or Yoghurt	Fruit or Yoghurt	Chocolate Ice Cream & Vanilla Biscuit, Fruit or Yoghurt

Week 2 W/C: 11 Sept / 2 Oct / 30 Oct / 20 Nov / 11 Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Ham Macaroni	Pork Sausages	Roast Chicken Breast	Ham & Cheese Pizza	Cod Bites
Veggie	Cheese Macaroni		Boroccoli & Potato Cheese Bake	Margherita Pizza	Veggie Nuggets
Sides	Garlic Bread, Country Mixed Vegetables or Salad Bar	Oven Diced Potatoes, Sweetcorn, Baked Beans or Salad Bar	Roasted Potatoes, Broccoli, Baby Carrots & Gravy or Salad Bar	Potato Wedges, Sweetcorn Bites or Salad Bar	Chips, Peas or Beans
Jacket	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham
Dessert	Fruit or Yoghurt	Strawberry Ice Cream & Strawberry Jelly, Fruit or Yoghurt	Fruit or Yoghurt	Pip Organic Fruit Rainbow Lolly, Fruit or Yoghurt	Chocolate Sultana & Biscuit Slice, Fruit or Yoghurt

Week 3 W/C: 18 Sept / 9 Oct / 6 Nov / 27 Nov

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Meat Free Monday Vegan Burger	Beef Cottage Pie with Cheesy Potato Crust	Roast Gammon	Sausage & Bean Pizza	Fish Fingers
Veggie	Veggie Nuggets		Homemade Cheese & Red Onion Pasty	Margherita Pizza	Cheese Wheels
Sides	Sweet Potato Fries, Sweetcorn Bites or Salad Bar	Country Mixed Vegetables or Salad Bar	Roasted Potatoes, Broccoli, Baby Carrots & Veggie Gravy or Salad Bar	Potato Wedges, Sweetcorn or Salad Bar	Chips, Wholewheat Spagetti Hoops, Peas or Salad Bar
Jacket	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham
Dessert	Vegan Apple Flapjack, Fruit or Yoghurt	Fruit or Yoghurt	Oaty Apple & Berry Crumble & Custard, Fruit or Yoghurt	Vanilla Ice Cream & Winter Berries, Fruit or Yoghurt	Milk Chocolate Peppermint Cookie, Fruit or Yoghurt

The Guide to Goodness

Many of our homemade desserts contain at least 50% fruit or hidden veg



The fish we serve is from well-managed and sustainable fisheries



Over 75% of our dishes are made fresh on site from fresh ingredients



All our pizza and pasta sauces are homemade and have hidden veg



Where possible we use ingredients sourced from local producers