

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

|                    | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--------------------|--|--|--|--|--|
| <b>Main</b>        | Beef Bolognese & Pasta & Gravy (Oxo, no soya)                                    | Ham Cheese & Potato Layer Bake   |  | Pepperoni Pizza  | Battered Fish  |
| <b>Veggie</b>      | Quorn Bolognese & Pasta  | Tomato Tumble  | Quorn Sausage Toad in the Hole   | Margherita Pizza   | Savoury Cheese Muffin  |
| <b>Sides</b>       | Baby Carrots or Salad Bar  | Country Mixed Vegetables or Salad Bar  | Roast Potatoes & Broccoli or Salad Bar   | Potato Wedges & Sweetcorn or Salad Bar   | Chips, Whole Wheat Spaghetti Hoops, Peas or Salad Bar                            |
| <b>Jacket/Roll</b> | Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham |
| <b>Dessert</b>     | Sticky Toffee Pudding & Squirty Cream, Fruit or Yoghurt                          | Homemade Oat & Cranberry Biscuit, Fruit or Yoghurt                               | Berry Flapjack, Fruit or Yoghurt   | Butternut Squash Muffin, Fruit or Yoghurt  | Vegan Sorbet & Vanilla Biscuit, Fruit or Yoghurt                                 |

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

|                | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|----------------|--|--|--|--|--|
| <b>Main</b>    | Ham Macaroni   |  | Roast Chicken Breast   | Ham & Cheese Pizza   | Cod Bites  |
| <b>Veggie</b>  | Cheese Macaroni  | Quorn Sausages   | Boroccoli & Potato Cheese Bake   | Margherita Pizza   | Veggie Nuggets   |
| <b>Sides</b>   | 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                    | Jacket Wedges, Sweetcorn Bites or Salad Bar                                      | Chips, Peas or Beans or Salad Bar  |
| <b>Jacket</b>  | Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham |
| <b>Dessert</b> | Iced Lemon & Courgette Cakes, Fruit or Yoghurt                                   | Vegan Sorbet & Strawberry Jelly, Fruit or Yoghurt                                | Treacle & Parsnip Sponge & Custard, Fruit or Yoghurt                             | Pip Organic Fruit Rainbow Lolly, Fruit or Yoghurt                                | Fruit or Yoghurt   |

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

|                | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|----------------|--|--|--|--|--|
| <b>Main</b>    |  | Beef Cottage Pie with Cheesy Potato Crust  | Roast Gammon   |  | Fish Fingers   |
| <b>Veggie</b>  | Veggie Nuggets   | Quorn Cottage Pie with Cheesy Potato Crust                                       | Homemade Cheese & Red Onion Pasty  | Margherita Pizza   | Cheese Wheels  |
| <b>Sides</b>   | 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, Peas, Beans or Salad Bar  |
| <b>Jacket</b>  | Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham |
| <b>Dessert</b> | Vegan Apple Flapjack, Fruit or Yoghurt   | Chocolate & Vanilla Marble Sponge & Chocolate Custard, Fruit or Yoghurt          | Oaty Apple & Berry Crumble & Custard, Fruit or Yoghurt                           | Vegan Sorbet, 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