

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Bolognese & Pasta		Pork Sausage & Gravy	Pepperoni Pizza	
Veggie	Quorn Bolognese & Pasta			Vegan Cheese 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 Vegan Cheese, Ham, Tuna Mayo or Beans / Roll with Vegan Cheese, Tuna or Ham	Jacket Potato with Vegan Cheese, Ham, Tuna Mayo or Beans / Roll with Vegan Cheese, Tuna or Ham	Jacket Potato with Vegan Cheese, Ham, Tuna Mayo or Beans / Roll with Vegan Cheese, Tuna or Ham	Jacket Potato with Vegan Cheese, Ham, Tuna Mayo or Beans / Roll with Vegan Cheese, Tuna or Ham	Jacket Potato with Vegan Cheese, Ham, Tuna Mayo or Beans / Roll with Vegan Cheese, Tuna or Ham
Dessert	Alpro Vanilla Dessert or Fruit	Homemade Oat & Cranberry Biscuit or Fruit	Berry Flapjack or Fruit	Butternut Squash Cake or Fruit	Dairy Free Sorbet & Vanilla Biscuit or Fruit

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegan Cheese & Tomato Pasta Bake	Pork Sausages	Roast Chicken Breast	Ham & Vegan Cheese Pizza	Cod Bites
Veggie				Vegan Cheese Margherita Pizza	Veggie Nuggets
Sides	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 Vegan Cheese, Ham, Tuna Mayo or Beans / Roll with Vegan Cheese, Tuna or Ham	Jacket Potato with Vegan Cheese, Ham, Tuna Mayo or Beans / Roll with Vegan Cheese, Tuna or Ham	Jacket Potato with Vegan Cheese, Ham, Tuna Mayo or Beans / Roll with Vegan Cheese, Tuna or Ham	Jacket Potato with Vegan Cheese, Ham, Tuna Mayo or Beans / Roll with Vegan Cheese, Tuna or Ham	Jacket Potato with Vegan Cheese, Ham, Tuna Mayo or Beans / Roll with Vegan Cheese, Tuna or Ham
Dessert	Iced Lemon & Courgette Cakes or Fruit	Dairy Free Sorbet & Strawberry Jelly or Fruit	Treacle & Parsnip Sponge or Fruit	Pip Organic Fruit Rainbow Lolly or Fruit	Alpro Vanilla Dessert or Fruit

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 Potato Crust	Roast Gammon	Sausage & Bean Pizza	Fish Fingers
Veggie	Vegan Nuggets	Quorn Cottage Pie with Potato Crust		Vegan Cheese Margherita Pizza	
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 Vegan Cheese, Ham, Tuna Mayo or Beans / Roll with Vegan Cheese, Tuna or Ham	Jacket Potato with Vegan Cheese, Ham, Tuna Mayo or Beans / Roll with Vegan Cheese, Tuna or Ham	Jacket Potato with Vegan Cheese, Ham, Tuna Mayo or Beans / Roll with Vegan Cheese, Tuna or Ham	Jacket Potato with Vegan Cheese, Ham, Tuna Mayo or Beans / Roll with Vegan Cheese, Tuna or Ham	Jacket Potato with Vegan Cheese, Ham, Tuna Mayo or Beans / Roll with Vegan Cheese, Tuna or Ham
Dessert	Vegan Apple Flapjack or Fruit	Chocolate & Vanilla Marble Sponge or Fruit	Oaty Apple & Berry Crumble or Fruit	Vegan Sorbet & Winter Berries or Fruit	Alpro Vanilla Dessert or Fruit

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