

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegan Cheese & Tomato Pasta	Vegan Nuggets	Vegan Sausage	Vegan Cheese & Tomato Pizza	Quorn Fishless Fingers
Veggie					
Sides	Baby Carrots or Salad Bar	Country Mixed Veg or Salad Bar	Roast Potatoes, Broccoli or Salad Bar +Vegan Gravy	Potato Wedges, Sweetcorn or Salad Bar	Chips, Peas or Wholewheat Spaghetti Hoops or Salad Bar
Jacket/Roll	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese
Dessert	Fruit	Homemade Oat & Cranberry Biscuit or Fruit	Berry Flapjack or Fruit	Alpro Vanilla Dessert or Fruit	Vegan Sorbet 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	Quorn Vegan Sausages	Vegan Roast	Vegan Cheese & Tomato Pizza	Vegan Nuggets
Veggie					
Sides	Garlic Bread, Country Mixed Veg or Salad Bar	Oven Diced Potatoes, Sweetcorn, Baked Beans or Salad Bar	Roasted Potatoes, Broccoli, Baby Carrots +Vegan Gravy or Salad Bar	Potato Wedges, Sweetcorn Bites or Salad Bar	Chips, Peas or Beans
Jacket	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese
Dessert	Alpro Vanilla Dessert or Fruit	Vegan Sorbet or Fruit	Alpro Vanilla Dessert 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		Vegan Roast & Vegan Gravy	Vegan Cheese & Tomato Pizza	Quorn Fishless Fingers
Veggie					
Sides	Sweet Potato Fries, Sweetcorn Bites or Salad Bar	Country Mixed Vegetables or Salad Bar	Roast Potatoes, Broccoli & Baby Carrots +Vegan Gravy, or Salad	Potato Wedges, Sweetcorn or Salad Bar	Chips, Peas, Wholewheat Spaghetti Hoops or Salad Bar
Jacket	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese
Dessert	Vegan Apple Flapjack or Fruit	Alpro Vanilla Dessert or Fruit	Oaty Apple & Berry Crumble or Fruit	Vegan Sorbet & Winter Berries or Fruit	Vegan Sorbet, Vanilla Biscuit 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