

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Bolognese & GF Pasta	Ham & Cheese Hotpot	Gluten Free Sausage	GF Bread Base Pepperoni Pizza	Gluten Free Fish Fingers
Veggie				GF Bread Base 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	Chips, Beans or Peas or Salad Bar
Jacket/Roll	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham
Dessert	Fruit or Yoghurt	Fruit or Yoghurt	Berry Flapjack, Fruit or Yoghurt	Fruit or Yoghurt	Chocolate Ice Cream, Fruit or Yoghurt

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	GF Cheese & Tomato Pasta Bake	Gluten Free Pork Sausages	Roast Chicken Breast	GF Bread Base Ham & Cheese Pizza	Gluten Free Fish Fingers
Veggie				GF Bread Base Margherita Pizza	
Sides	Country Mixed Vegetables or Salad Bar	Oven Diced Potatoes, Sweetcorn, Baked Beans or Salad Bar	Roasted Potatoes, Broccoli, Baby Carrots & GF Gravy or Salad Bar	Potato Wedges, Sweetcorn Bites or Salad Bar	Chips, Peas or Beans
Jacket	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF 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	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 Burgers	Beef Cottage Pie with Cheesy Potato Crust	Roast Gammon	GF Bread Base GF Sausage & Bean Pizza	Gluten Free Fish Fingers
Veggie				GF Bread Base Margherita Pizza	
Sides	Sweet Potato Fries, Sweetcorn Bites or Salad Bar	Country Mixed Vegetables or Salad Bar	Roasted Potatoes, Broccoli, Baby Carrots & GF Veggie Gravy or Salad Bar	Potato Wedges, Sweetcorn or Salad Bar	Chips, Beans or Peas or Salad Bar
Jacket	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham
Dessert	Vegan Apple Flapjack, Fruit or Yoghurt	Fruit or Yoghurt	Fruit or Yoghurt	Vanilla Ice Cream & Winter Berries, Fruit or Yoghurt	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