

Monday

Jumbo Fish Finger White fillet of Fish coated in Breadcrumbs or **Fish Stars** MSC Salmon and Mashed Potatoes with seasoning coated in a crispy crumb

Fishless Finger Our Fish free alternative coated in a crispy crumb ✓

Chips, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Fruit Jelly

Wednesday

Roast Beef Farm Assured Sliced Meat served with a Yorkshire Pudding Rich and Tasty Gravy

Vegetable and Bean filled Yorkshire Pudding served with Rich and Tasty Gravy ✓

Mashed Potato, Roast Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Shortbread Biscuit

Monday

Pork Sausage Farm Assured Sausage

Quorn Sausage ✓

Mashed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate and Orange Muffin

Thursday

Spaghetti Bolognese Farm assured Minced Beef served in Italian Tomato Sauce or **Meatballs** Meatballs served in a Rich Tomato Sauce or a Tasty Gravy

Vegetable Lasagne Roasted Vegetables in an Italian sauce layered with Pasta and topped with a Cheese Sauce ✓

Pasta, Sweetcorn, Garden Peas, Seasonal Salad Selection, Garlic Bread

Cookie

Monday

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Chips, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Shortbread

Thursday

Big Breakfast Farm Assured Sausage, Free Range Scrambled Egg

Vegetarian Big Breakfast Quorn Sausage with Free Range Scrambled Egg ✓

Hash Browns, Baked Beans, Chopped Tomatoes, Seasonal Salad Selection, Wholemeal Bread

Cookie selection

Tuesday

Chinese Style Chicken Farm Assured Chicken with Chinese style vegetable served with Chef's Choice Chinese Sauce

Quorn with Sweet and Sour Sauce or Jacket Potato with Baked Beans ✓

Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Wholemeal Bread

Strawberry Muffin

Thursday

Meat Pizza Deep Crust base with Cheese and Tomato and various Meat toppings

Cheese and Tomato Pizza Deep Crust base with Cheese and Tomato topping ✓

Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Wholemeal Bread

Rice Pudding and Fruit Compote

Tuesday

Chicken Fajitas Farm Assured Chicken with Roasted Vegetables cooked in a Chef's Sauce served in a Tortilla wrap

Vegetable and Bean Fajitas or **Jacket Potato with Baked Beans** ✓

Rice, Mushy Peas, Baked Beans, Seasonal Salad Selection, Wholemeal Bread

Fruit Flapjack

Wednesday

Roast Chicken Farm Assured Sliced Meat served with Mini Yorkshire Pudding and Rich and Tasty Gravy

Cheese and Potato Pie ✓

Mashed Potato, Roast Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Fruit Sponge and Custard

Friday

Chicken Nuggets served with BBQ or Sweet and Sour Sauce

Quorn Nuggets ✓

Potato Wedges, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread

Vanilla Ice Cream

Tuesday

Chicken Wrap Farm assured Chicken served in a Tortilla wrap with a selection of sauces

Vegetarian Wrap Mixed Roasted Vegetables and Beans served in a Tortilla wrap with a selection of Sauces ✓

Rice, Sweetcorn, Carrots, Seasonal Salad Selection, Wholemeal Bread

Fruit Cheesecake

Friday

Meat Pizza Deep Crust base with Cheese and Tomato and various Meat toppings

Cheese and Tomato Pizza Deep Crust base with Cheese and Tomato topping ✓

Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Vanilla Ice Cream

Wednesday

Chicken Hotpot Farm Assured Chicken with a Rich and Tasty Gravy topped with Sliced Potatoes

Roast Chicken Farm Assured Sliced Meat served with Mini Yorkshire Pudding and Rich and Tasty Gravy ✓

Mashed Potato, Roast Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Carrot Cake

Sandwich Option
Packed lunch available

FUN FOOD FACT

Ripe cranberries bounce like rubber balls.

FUN FOOD FACT

Broccoli contains more protein per calorie than steak, but you would have to eat a LOT more broccoli!

• Fresh Fruit available daily. Cheese and Crackers available Monday, Wednesday and Friday. Individual Yoghurts available Tuesday and Thursday. All items subject to availability. •