



WEEK 1

W/C: 30/10, 20/11, 11/12, 01/01, 12/02, 25/03, 15/04, 06/05



AUTUMN/WINTER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza   Served with Potato Wedges	Classic Beef Burger Served with Potato Wedges	Chicken, Vegetable and Mash Pie  Served with Gravy	Beef Bolognese   Served with Wholewheat Pasta and Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
	Stir Fried Vegetable Rice   	Vegetarian Burger  Served with Potato Wedges	Vegetable Pastry Roll  Served with Mashed Potato and Gravy	Vegetarian Bolognese    Served with Wholewheat Pasta and Garlic and Herb Bread	Crispy Quorn Nuggets  Served with Chips
JACKET POTATO	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings, including Salmon Mayonnaise 	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta  					
All main meals are served with two vegetables					
DESSERT	Chocolate Brownie	Crispy Crackle Bar with Fruit 	Carrot, Orange and Sultana Slice 	Original Flapjack	Vanilla Ice Cream

AVAILABLE EVERY DAY

Water, salad, freshly baked bread,
yoghurt & fresh fruit

 **Vegetarian**  **Oily Fish**  **Wholegrain**

 **Fruity!**  **Nutritionist's Choice**

be assured that all notified medical diets and allergy requirements will be safely catered for.

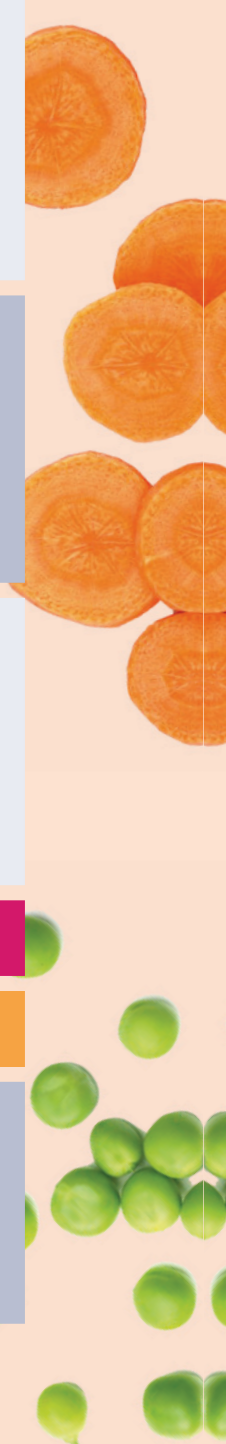


WEEK 2

W/C: 06/11, 27/11, 18/12, 29/01, 19/02, 11/03, 01/04, 22/04, 13/05

AUTUMN/WINTER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza Served with Potato Wedges	Sweet and Sour Chicken Served with Wholegrain Rice	Roast Turkey Served with Roast Potatoes and Gravy	Sausage Pasta Bake Served with Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
JACKET POTATO	Vegetarian Cottage Pie Served with Gravy	Macaroni Cheese	Cheesy Leek and Carrot Crumble Served with Roast Potatoes and Gravy	Vegetarian Sausage Pasta Bake Served with Garlic and Herb Bread	Crispy Quorn Nuggets Served with Chips
JACKET POTATO	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta					
All main meals are served with two vegetables					
DESSERT	Apple Crumble with Custard	Crunchy Chocolate Biscuit	Vanilla Sponge with Custard	Carrot Cake	Strawberry Ice Cream



AVAILABLE EVERY DAY
Water, salad, freshly baked bread,
yoghurt & fresh fruit

Vegetarian Oily Fish Wholegrain
 Fruity! Nutritionist's Choice

be assured that all notified medical diets and allergy requirements will be safely catered for.



WEEK 3

W/C: 13/11, 04/12, 25/12, 15/01, 05/02, 26/02, 18/03, 08/04, 06/05 27/05

AUTUMN/WINTER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza Served with Potato Wedges	Cauliflower Macaroni Cheese Served with Garlic and Herb Bread	Roast Turkey Served with Roast Potatoes and Gravy	Chicken and Vegetable Korma Served with Wholegrain Rice	Southern Fried Chicken Served with Chips
	Chilli No Carne with Crispy Tortilla Served with Wholegrain Rice	Spanish Vegetable Rice 	Sweet Potato and Chickpea Roast Served with Roast Potatoes and Gravy	Caribbean Chickpea Coconut Curry Served with Wholegrain Rice	Crispy Quorn Nuggets Served with Chips
JACKET POTATO	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta					
All main meals are served with two vegetables					
DESSERT	Magic Apple and Cinnamon Bake	Strawberry Jelly	Orange Drizzle with Fruit	Pineapple Upside Down Cake with Custard	Chocolate Ice Cream with Shortbread Biscuit

AVAILABLE EVERY DAY
Water, salad, freshly baked bread, yoghurt & fresh fruit

Vegetarian Oily Fish Wholegrain
 Fruity! Nutritionist's Choice

be assured that all notified medical diets and allergy requirements will be safely catered for.