

# WEEK 1

**AUTUMN/WINTER 2023**

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

**PACKED LUNCH AVAILABLE**  
Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

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

♻️ Vegetarian 🐟 Oily Fish 🌱 Wholegrain  
 🍏 Fruity! 🍷 Nutritionist's Choice 🍷 Halal Available

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

# WEEK 2

**AUTUMN/WINTER 2023**

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

**PACKED LUNCH AVAILABLE**  
Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

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

♻️ Vegetarian 🐟 Oily Fish 🌾 Wholegrain  
🍏 Fruity! 🍷 Nutritionist's Choice 🍷 Halal Available

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# WEEK 3

AUTUMN/WINTER 2023

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

**PACKED LUNCH AVAILABLE**  
Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

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

 **Vegetarian**  **Oily Fish**  **Wholegrain**  
 **Fruity!**  **Nutritionist's Choice**  **Halal Available**

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.