

w/c 7th October, 28th October, 18th November, 9th December, 30th December, 20th January, 10th February

WEEK ONE

MONDAY Authentic Italian

TUESDAY Family Faves

WEDNESDAY Baking British

THURSDAY Food Festival

FRIDAY Fun Day

Main
Event

**Cheese & Tomato
Pasta Bake**

Wholewheat Pasta & Home made Tomato Sauce Topped With Cheese

**All Day
Breakfast**

Halal Chicken Sausage Or Pork Sausage, Egg, Beans, Tomato & Hash Brown

**Roast Chicken
& Gravy with Mash**

Chicken Fillets Mash, Stuffing & Gravy

**Chicken Curry
& Rice**

Marinated Chicken Thigh Pieces in a Buttery Curry Sauce & Rice

**Salmon Fish Fingers
& Chips**

MSC Salmon Fish Fingers with Chips & Peas

Vegetarian
Section

**Quorn Meatballs &
Spaghetti**

Quorn Meatballs in a Tasty Tomato Sauce With Wholewheat Spaghetti

**Veggie All Day
Breakfast**

Veggie Sausage, Egg, Beans, Tomato & Hash Brown

**Quorn Roast &
Gravy with Mash**

Quorn Roast Mash, Sage & Onion Stuffing & gravy

**Cauliflower & Lentil
Jalfrezi with Rice**

Lightly Spiced Cauliflower & Lentil Curry with Rice

**Cheese & Bean
Wrap**

Half a Whole wheat Wrap Stuffed with Baked Beans & Cheese

Packed Lunch

Pick & Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit

Jacket Potatoes

Jacket Potato with Toppings

**Italian Crumble
Cake**

Crumble base filled with apples topped with even more crumble

**Winter
Sponge**

Orange and cinnamon sponge with a twist!

**Fruity
Loaf**

Mixed dried fruit cake with soft brown sugar and cinnamon

**New York
Cheesecake**

Baked cheesecake with fruit topping

**Lemon
Cookie**

Zesty lemon cookie with juicy fruit

The Finale

THEME
DAYS

Trip to
France

Italian Day
Out

Try our
Scottish
Menu

We offer seasonal
vegetables, bread,
yoghurt and
fruit daily.
(allergy information
is available)

w/c 14th October, 4th November, 25th November, 16th December, 6th January, 27th January, 17th February

WEEK TWO

MONDAY
Authentic Italian

TUESDAY
Family Faves

WEDNESDAY
Baking British

THURSDAY
Food Festival

FRIDAY
Fun Day

THEME DAYS

Fairytale Festival

Chinese New Year

Pancake Day

We offer seasonal vegetables, bread, yoghurt and fruit daily.
(allergy information is available)

Main Event

Cheese & Tomato Pizza v
Pizza Topped with Tomato Sauce & Cheese

Beef Lasagne ▲
Layers of Pasta with Minced Beef & Tomato Sauce Topped with Cheese

Sausage & Mash ▲
Halal Chicken Sausage Or Pork Sausage Served with Mash & Gravy

Chicken Fajitas ▲
Marinated Chicken & Sliced Vegetables, Rice & Wheat Wrap

Golden Fish Fingers & Chips
MSC Pollock Fish Fingers & Chips

Vegetarian Section

Tomato & Roasted Veggie Risotto v
Roasted Peppers, Courgettes & Tomatoes With Edamame Beans & Rice

Vegetable Lasagne v
Layers of Pasta with Vegetables & Tomato Sauce Topped with Cheese

Quorn Sausage & Mash v
Quorn Sausage with Mash & Gravy

Quorn Fajitas v
Marinated Quorn & Sliced Vegetables, Rice & Wheat Wrap

Sticky Onion & Cheddar Quiche v
Wholemeal Pastry With a Caramelised Onion & Cheddar Filling

Packed Lunch

Pick & Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit ■

Jacket Potatoes

Jacket Potato with Toppings ◆

The Finale

Tiramisu
Soft cheese and cream layers with sponge and cocoa

Winter Fruit Brulee
Dessert pot with berries, cream and yoghurt with a crunchy topping

Apple and Berry Crumble
Baked apples and berries topped with an oaty crumble

Mexican Chocolate Pudding
Chocolate and cinnamon flavoured sponge and sauce..

Ginger Cookie and Fruit Slices
Ginger Cookie with juicy fruit

w/c 21st October, 11th November, 2nd December, 23rd December, 13th January, 3rd February, 24th February

WEEK THREE

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Main Event	Macaroni Cheese v Baked Cheesy Pasta With a Crunchy Topping	Minced Beef Pie ▲ Minced Beef & Carrot Pie with Gravy & Mash	Roast Chicken & Gravy with Roast Potatoes ▲ Chicken Fillets with Roast Potatoes, Sage & Onion Stuffing & Gravy	Hot Dog & BBQ Beans ▲ Halal Chicken Sausage Or Hot Dog Sausage in a Roll with BBQ Flavoured Beans	Golden Fish Fingers & Chips MSC Pollock Fish Fingers with Chips
Vegetarian Section	Quorn Bolognese v Quorn, Vegetable & Tomato Sauce with Wholewheat Spaghetti	Crispy Topped Vegetarian Pie v Crunchy Vegetables in Sauce with a Sliced Potato Topping	Quorn Roast & Gravy with Roast Potatoes v Quorn Roast with Roast Potatoes, Sage & Onion Stuffing & Gravy	Veggie Dog and BBQ Beans v Veggie sausage in a roll with BBQ flavoured beans	Cheese & Tomato Pinwheel with Chips v Baked Bread Base With Cheese & Tomato Filling with Chips
Packed Lunch	Pick & Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit ■				
Jacket Potatoes	Jacket Potato with Toppings ◆				
The Finale	Lemon Drizzle Flapjack Oaty flapjack topped with a lemon drizzle	Sticky Ginger Cake Traditional sticky ginger sponge with custard.	Fruity Rice Pudding Chilled rice pudding with caramelised pineapple	Vanilla and Blueberry Blondie Chewy, fruity traybake with vanilla and blueberries	Oaty Energy Cookie Oat Cookie with juicy fruit

THEME DAYS

Trip to Wales

Best of British

And lots more ...

We offer seasonal vegetables, bread, yoghurt and fruit daily. (allergy information is available)