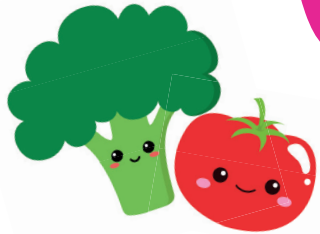
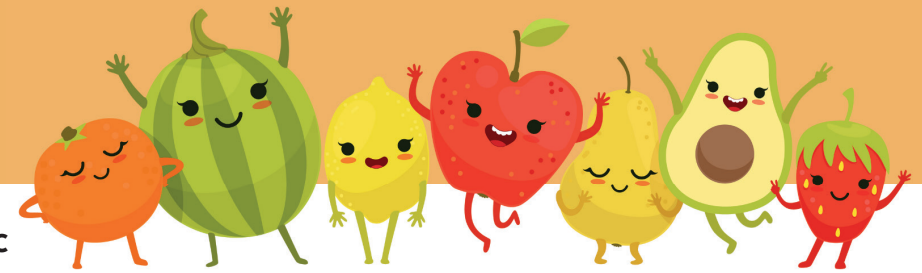




Week 1

3 Sep, 23 Sep, 14 Oct, 11 Nov, 2 Dec



Main meal

Monday

Macaroni Cheese with Ham and Garlic Bread

Tuesday

Creamy Chicken and Leek pie

Wednesday

Roast Pork

Thursday

Chicken Hot Pot

Friday

Fish Fingers

Vegetarian option

Macaroni Cheese with Garlic Bread **V**

Cheese and Leek Pie **V**

Roast Vegetable Parcels **V**

Tomato and Basil Pasta **V**

Quorn Nuggets **V**

Jacket Potatoes

Tuna and Mackerel Mayonnaise, Cheese **V**, Baked Beans **V** or Ham

Sandwich

Tuna Mayonnaise with Cucumber

Ham Salad

Cheese and Chutney **V**

Ham Salad

Turkey Salad

Wrap

Egg Mayonnaise **V**

Tuna and Mayonnaise

Turkey Salad

Cheese and Cucumber **V**

Hummus Salad **V**

Dessert

Chocolate Shortbread **V**

Fruit Salad **V** or Yoghurt **V**

Flapjack **V**

Sticky Toffee Sponge with Custard **V**

Ice Cream **V**

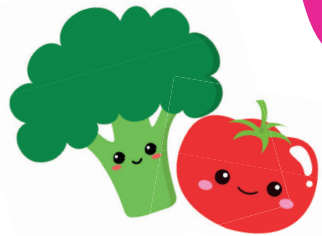
Seasonal Vegetables, Salad Selection, Bread and Fresh Fruit available daily

V - Vegetarian
V - Vegan



Week 2

9 Sep, 30 Sep, 21 Oct, 18 Nov, 9 Dec



Main meal

Monday

Cheese and Ham
Pizza

Tuesday

Chicken Curry with
Rice and Naan Bread

Wednesday

Roast Gammon

Thursday

Meatballs with
Spaghetti and Garlic
Bread

Friday

Breaded Fish

Vegetarian option

Cheese and Tomato
Pizza **V**

Lentil, Sweet Potato
Curry and Rice **V**

Broccoli/
Cauliflower Bake **V**

Quorn Balls with
Spaghetti and Garlic
Bread **V**

Garden Vegetable
Sausages **V**

Jacket Potatoes

Tuna Mayonnaise, Cheese **V**, Baked Beans **V** or Ham

Sandwich

Tuna Mayonnaise

Cheese and
Cucumber **V**

Egg Mayonnaise **V**

Ham

Cream Cheese and
Cucumber **V**

Wrap

Hummus Salad **V**

Ham salad

Turkey Salad

Cheese and
Chutney **V**

Chicken
Mayonnaise

Dessert

Pineapple Cake and
Custard **V**

Chocolate Crispy
Cake **V**

Fruit Salad **V**

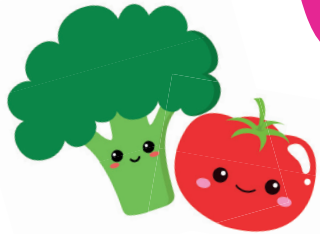
Custard Biscuit **V**

Arctic Roll **V**



Week 3

16 Sep, 7 Oct, 4 Nov, 25 Nov, 16 Dec



Main meal

Monday

Creamy Chicken Pasta with Crusty Wholemeal Bread

Tuesday

Local Pork Sausages with Mash Potatoes

Wednesday

Roast Chicken

Thursday

Spaghetti Bolognese with Garlic Bread

Friday

Fish Fingers

Vegetarian option

Roast Vegetable and Tomato Pasta **V**

Quorn Sausages with Mash Potatoes **V**

Lentil Loaf **V**

Vegetable Stir Fry **V** with Garlic Bread **V**

Quorn Nuggets **V**

Jacket Potatoes

Tuna Mayonnaise, Cheese **V**, Baked Beans **V** or Ham

Sandwich

Tuna Mayonnaise

Cheese **V**

Egg Mayonnaise **V**

Chicken Mayonnaise

Ham

Wrap

Cheese and Chutney **V**

Ham Salad

Turkey Salad

Tuna Mayonnaise

Hummus Salad **V**

Dessert

Chocolate and Beetroot Brownie **V**

Ice Cream **V**

Lemon Shortbread **V**

Jelly served with Fruit **V**

Oat Biscuit **V**

