


Week 1

WEEK COMMENCING: 28 OCT/ 18 NOV/ 09 DEC/ 20 JAN/ 10 FEB/ 02 MAR/ 23 MAR

MONDAY

Jamaican Jerk Free Range Chicken
Rice & Peas

Jacket Potato with Vegetable
& Lentil Bolognese 

Tuna and Tomato Pasta Bake

Sweetcorn/ Broccoli

Lemon Drizzle Cake

TUESDAY

Beef Meatballs In tomato sauce
with Spaguetti

Chickpea & Vegetable Tagine
with Couscous 

Quorn Savoury Mince
with New Potato

Roasted Cauliflower/
Green Beans

Fruity Flapjack

WEDNESDAY

Roast Garlic & Lemon Chicken
with Gravy & roast Potatoes

Roasted Vegetarian Strips
with Gravy & roast Potatoes 


Shepherdess Pie

Carrots/ Vegetable Medley

Custards Biscuits with Peaches

THURSDAY

Meat Feast Pizza


Butterbean & Mixed Vegetable
Balti with Rice 

Margherita Pizza

Sweetcorn/ Runner Bean Slaw

Sticky Toffee Pudding with
Custard

FRIDAY

Fish Fingers with Chips 

Jacket Potato with BBQ Beans 

Cheese & Broccoli Quiche
with chips

Peas/ Baked Beans

Fruit Salad

Week 2

WEEK COMMENCING: 04 NOV/ 25 NOV/ 16 DEC/ 06 JAN/ 27 JAN/ 09 MAR/ 30 MAR

MONDAY

Beef Pasta Bolognaise

Goan Vegetable Curry with Rice 

Cheese, Potato & Red Onion Frittata

Carrots/ Green beans

Apple Crumble with Custard

TUESDAY

Chicken Sausage & Gravy
with mashed Potato

Vegetable Hot Pot 

Quorn Sausage & Gravy
with mashed Potato

Sweetcorn/ Broccoli

Carrot Cake with Frosting

WEDNESDAY

Roast Beef with Gravy
and roast potatoes

Roasted Vegetable & Lentil Loaf 

Macaroni Cheese

Roasted Root Vegetables

Orange Jelly

THURSDAY

Chicken & Sweetcorn Puff Pastry Pie
with Potato Wedges

Butternut, Chickpea & Vegetable
Curry with Rice 

Red Onion & Sweetcorn Pizza

Vegetable Medley

Pineapple Upside Down Sponge
with Custard

FRIDAY

Breaded Pollock with chips 

Vegetable & Butterbean Ragù 

Salmon & Broccoli Penne Pasta
Bake

Peas/ Baked Beans

Frozen Toffee Yoghurt

Week 3

WEEK COMMENCING: 11 NOV/ 02 DEC/ 13 JAN/ 03 FEB/ 24 FEB/ 16 MAR

MONDAY

Vegetarian Chicken Style Strips
& Vegetable Stir Fry with Noodles

Jacket Potato with Vegetable Chili 

Quorn Meatballs In tomato sauce
with Spaguetti

Sweetcorn/ Green beans

Berry Ripple Cake with custard

TUESDAY

Beef Lasagne

Mexican Rice Wrap 


Cheese & Tomato Pasta Bake

Peas/ Cauliflower

Yoghurt Bar

WEDNESDAY

Roast Turkey with Gravy and roast
potatoes

Butterbean and Vegetable Pattie
with roast potatoes 

Quorn Roast with Gravy and roast
potatoes

Swede/ Vegetable Medley

Vanilla Baked Cheesecake

THURSDAY

BBQ Chicken & Rice

Beany Ratatouille Wrap 

Roasted Pepper Pizza

Broccoli/ Carrots

Apple & Banana Cake with Custard

FRIDAY

Battered Pollock with chips 

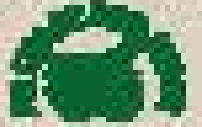
Vegetable & Chickpea Jambalaya 

Cheese & Leek Pasty with chips

Peas/ Baked Beans

Oat & Raisin Cookie

The Guide to Goodness



Many of our sustainable choices contain an **Omega 3** boost!



The fish we serve is **from well-managed and sustainable fisheries.**



Over 75% of our dishes contain **fresh or dried herbs and fresh ingredients.**



We use **vegetarian food** wherever we can to **reduce our carbon footprint.**



Where possible we use **locally sourced ingredients.**

