

Week one

30/10 20/11 11/12 01/01 22/01 19/02 12/03

Choose a main meal...
 Vegetable Supreme Pizza with Jacket Wedges v
 Crunchy Topped Italian Bake
 Jacket Potato with a choice of filling

on the side...
 House Coleslaw
 Peas

for dessert...
 Yoghurt With Banana

Choose a main meal...
 Beef & Vegetable Pie with New Potatoes
 Mild Mexican Vegetable Chilli with Rice v
 Jacket Potato with a choice of filling

on the side...
 Green Beans
 Cauliflower

for dessert...
 Oatie Fruit Crumble with Custard

Choose a main meal...
 Roast Turkey with Roast Potatoes & Gravy
 Cheese & Potato Bake v
 Jacket Potato with a choice of filling

on the side...
 Cabbage
 Carrots

for dessert...
 Date Bar with Yoghurt

Choose a main meal...
 Chinese Chicken Noodles
 Vegetable Biryani v
 Jacket Potato with a choice of filling

on the side...
 Broccoli
 Sweetcorn

for dessert...
 Ice Cream Pot

Choose a main meal...
 Crispy Fish & Chips
 Veggie Hot Dog with Chips v
 Jacket Potato with a choice of filling

on the side...
 Baked Beans
 Peas

for dessert...
 Chocolate & Banana Muffin

Fresh Fruit and Yoghurt served daily

WE SUPPORT
82 BRITISH DAIRY FARMS



Week two

06/11 27/11 18/12 08/01 29/01 26/02 19/03

Monday

Choose a main meal...
 Mac 'N' Cheese v
 Boston Bean Casserole with Rice v
 Jacket Potato with a choice of filling

on the side...
 Broccoli
 Crunchy Salad

for dessert...
 Chocolate & Mandarin Sponge with Chocolate Sauce

Tuesday

Choose a main meal...
 Sausages with Creamy Mash & Gravy
 Vegetarian Sausages with Creamy Mash & Gravy v
 Jacket Potato with a choice of filling

on the side...
 Carrots
 Peas

for dessert...
 Oatie Biscuit with Fruit Slices

Wednesday

Choose a main meal...
 Roast Chicken with Roast Potatoes & Gravy
 Quorn Roast with Roast Potatoes & Gravy v
 Jacket Potato with a choice of filling

on the side...
 Green Beans
 Swede

for dessert...
 Peaches with Homemade Granola & Yoghurt

Thursday

Choose a main meal...
 Beef Chilli with Rice
 Creamy Tomato & Basil Pasta v
 Jacket Potato with a choice of filling

on the side...
 Sweetcorn
 Seasonal Cabbage

for dessert...
 Raspberry Loaf

Friday

Choose a main meal...
 Golden Fish Fingers & Chips
 Bean & Potato Burrito with Chips v
 Jacket Potato with a choice of filling

on the side...
 Baked Beans
 Crunchy Light Coleslaw

for dessert...
 Apple Flapjack

WE ONLY USE
Lion Quality
 British Eggs



FARM TO FORK
 We can trace every cut of meat back to the farms of origin

Week three

13/11 04/12 15/01 05/02 05/03 26/03

Monday

Choose a main meal...
 Mozzarella & Tomato Pizza with Oven Baked Wedges v
 Quorn Sausage & Tomato Pasta Bake with a Bread Wedge v
 Jacket Potato with a choice of filling

on the side...
 Peas
 Apple Slaw

for dessert...
 Strawberry Fro Yo

Tuesday

Choose a main meal...
 Chicken Tikka Thigh with Rice
 Cheese & Sweetcorn Quiche with New Potatoes v
 Jacket Potato with a choice of filling

on the side...
 Broccoli
 Fresh Tomato Salsa

for dessert...
 Apple Cracknell with Custard

Wednesday

Choose a main meal...
 Honey Roast Gammon with Roast Potatoes & Gravy
 Shepherdess Pie v
 Jacket Potato with a choice of filling

on the side...
 Roast Parsnips
 Sweetcorn

for dessert...
 Mini Gingerbread Cake with Fresh Fruit

Thursday

Choose a main meal...
 Pasta Bolognese
 Vegemince Bolognese v
 Jacket Potato with a choice of filling

on the side...
 Green Beans
 Carrots

for dessert...
 Chocolate Sultana Crispie

Friday

Choose a main meal...
 Crispy Salmon Fillet or Fish Fingers with Chips
 Veggie Quesadilla with Chips v
 Jacket Potato with a choice of filling

on the side...
 Baked Beans
 Peas

for dessert...
 Creamy Rice Pudding with Fruit

ALL OUR BREAD IS FRESHLY BAKED EVERY DAY

FAIRTRADE
 All our bananas are FAIRTRADE



Our chicken and milk are Red Tractor approved



WE BUY **95%** of our seasonal vegetables direct from British growers



FRESH SALAD IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER 30%
 of our products are transported by vehicles that run on biodiesel