

Week one

Jacket potatoes are available daily with filling. Choose from Tuna, Cheese or Beans.

05/09 06/09 07/09 07/10 08/10 09/01 30/01 31/03 03/04

Mild Chicken Tikka Masala
Rice and Garden Peas
Veggie Bolognese v
Wholegrain Pasta in Vegetable Bolognese Sauce and Garden Peas

Marbled Vanilla Fruit* Sponge & Custard
Yoghurt or Fruit Salad



Cheese and Tomato Pasta v
Wholegrain Pasta in Cheesy Tomato Sauce and Rainbow Vegetables

Smooth Yoghurt with Fruit Dippers*
Fruit Salad

Salmon and Broccoli Bake in White Sauce with Diced Potatoes and Rainbow Vegetables

Mini Fruit Tea Cake
Yoghurt or Fruit Salad

Chicken Breast in Gravy with Roast Potatoes and Carrot Batons
Cauliflower and Broccoli Cheese v with Roast Potatoes and Carrot Batons

Smooth Yoghurt with Fruit Dippers*
Fruit Salad

Beef Burger in a Bun with Diced Potatoes, Salad and Coleslaw or Vegetable Laces
Mild Veggie Chili v with Wholegrain Rice and Vegetable Laces

Fish and Chips
Battered Fish with Chips and Baked Beans
Free Range Omelette v with Chips and Baked Beans

Fruit* Sponge Slice
Yoghurt or Fruit Salad

Week two

12/09 03/10 14/11 05/12 16/01 06/02 27/02 20/03

Beef Bolognese with Wholegrain Pasta in a Bolognese Sauce and Vegetable Laces

Veggie Hotpot v
Vegetable Hotpot with Diced Potato and Vegetable Laces

Creamy Chicken Casserole in a creamy white sauce with Rice and Carrot Batons

Veggie Shepherds Pie v with Beans and Lentils, a Potato top and Carrot Batons

Smooth Yoghurt with Fruit Dippers*
Fruit Salad

Sliced Turkey in Gravy with Roast Potatoes and Winter Vegetables
Quorn Fillet in Gravy v with Roast Potatoes and Winter Vegetables

Sausages in Gravy with Mashed Potato and Garden Peas

Beany Pasta v
Wholegrain Pasta in Three Bean Tomato Sauce and Garden Peas

Smooth Yoghurt with Fruit Dippers*
Fruit Salad

Fish and Chips with Chips and Sweetcorn or Salad
Quorn Burger v
Quorn Burger in a Bun with Chips, Sweetcorn or Salad

Week three

19/09 10/10 31/10 21/11 12/12 02/01 23/01 13/02 06/03 27/03

Turkey Meatballs in a Tomato Sauce with Pasta and Garden Peas
Butternut Squash and Chickpea Curry v with Wholegrain Rice and Garden Peas

Smooth Yoghurt with Fruit Dippers*
Fruit Salad

Macaroni Cheese v
Elbow Pasta in a Creamy Cheese Sauce with Winter Vegetables

Minced Beef and Dumplings in Gravy with Diced Potatoes and Winter Vegetables

Blueberry Cookie
Yoghurt or Fruit Salad

Sliced Beef in Gravy with Roast Potatoes and Carrot Batons
Quorn Sausage in Gravy v with Roast Potatoes and Carrot Batons

Peach & Pear* Crumble with Custard
Yoghurt or Fruit Salad

Margherita Pizza v with Salad or Rainbow Vegetables
Ham and Sweetcorn Pasta in a Cheese Sauce with Rainbow Vegetables

Smooth Yoghurt with Fruit Dippers*
Fruit Salad

Fish and Chips with Chips and Baked Beans
Vegetable Fajita Wrap v with Chips and Beans or Salad

Fruity Flapjack
Yoghurt or Fruit Salad

Friday

Thursday

Wednesday

Tuesday

Monday

Chilled Water, Milk, Salad and Bread available daily. * Fruit based.

All paid meals to be ordered a full week in advance of the entire week they are required, either online by midnight Sunday or via telephone by 3pm Friday. Terms and Conditions apply. Please see our website or contact us for more information. Menu is subject to availability.



There is a vegetarian choice every day... and don't forget that salad is available daily.

Keep yourself topped up with water - it will help you concentrate all day long.

