

# Week 1 W/C: 1 Jan / 22 Jan / 19 Feb / 11 Mar

HV: Hidden veg in our sauces and cakes

|                    | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--------------------|--|--|--|--|--|
| <b>Main</b>        | Beef Bolognese & Pasta HV  | Chinese Chicken Noodles  | Sausage Encroute & Roast Potatoes  | Cheese & Ham Pizza HV  | Breaded Fish Fillet in a Roll & Chips  |
| <b>Veggie</b>      | Quorn Mince Bolognese Enchilada HV                                       | Tomato Tumble  | Country Crumble & Roast Potatoes   | Margherita Pizza HV  | Cheese Wheel & Chips HV  |
| <b>Sides</b>       | Mixed Vegetables or Salad Bar  | Stir Fried Vegetables or Salad Bar   | Broccoli, Baby Carrots & Gravy or Salad Bar                              | Sauted Potatoes & Sweetcorn  | Crispy Salad, Coleslaw or Beans  |
| <b>Jacket/Roll</b> | Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna / Baguette with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna / Baguette with Cheese, Tuna or Ham |
| <b>Dessert</b>     | Iced Ginger Muffin, Fruit or Yoghurt                                     | Toffee & Apple Crumble, Fruit or Yoghurt                                     | Raspberry Ripple Mousse, Fruit or Yoghurt                                | Flapjack, Fruit or Yoghurt   | Chocolate Dream Cookie, Fruit or Yoghurt                                     |

# Week 2 W/C: 18 Jan / 29 Jan / 26 Feb / 18 Mar

|                | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|----------------|--|--|--|--|--|
| <b>Main</b>    | Sausage & Tomato Pasta Bake HV   | Mild Chicken Korma Curry, Rice & Mini Naan                                   | Roast Gammon & Roast Potatoes  | Meat Feast Pizza HV  | Cod Bites  |
| <b>Veggie</b>  | Tomato, Bean & Pepper Cheesy Pasta Bake HV                               | Cheese Potato & Red Onion Homemade Pasty                                     | Vegetarian Roast & Roast Potatoes  | Margherita Pizza HV  | Baked Cheese & Tomato Wraps HV   |
| <b>Sides</b>   | Mixed Vegetables or Salad Bar  | Green Beans or Salad Bar   | Baby Carrots, White Cabbage & Gravy or Salad Bar                         | Baked Jacket Wedges, Sweetcorn or Salad Bar                              | Chips, Spaghetti Hoops, Peas or Beans  |
| <b>Jacket</b>  | Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna / Baguette with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna / Baguette with Cheese, Tuna or Ham |
| <b>Dessert</b> | Apple Sponge & Squirry Cream, Fruit or Yoghurt                           | Oat Cookie, Fruit or Yoghurt   | Vanilla Ice Cream & Berry Compot, Fruit or Yoghurt                       | Banana Toffee Muffin, Fruit or Yoghurt                                   | Chocolate Sultana & Biscuit Slice, Fruit or Yoghurt                          |

# Week 3 W/C: 15 Jan / 5 Feb / 4 Mar / 25 Mar

|                | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|----------------|--|--|--|--|--|
| <b>Main</b>    | Meatballs & Homemade Tomato Sauce Pasta HV                               | Chicken & Leek Pie Topped with Savoury Cheese Crumble                        | Pork Sausage Toad in the Hole & Roast Potatoes                           | Pepperoni Pizza HV   | Fish Fingers & Chips   |
| <b>Veggie</b>  | Vegan Meat-free Meatballs & Tomato Sauce in Cheesy Tortilla              | Quorn Fillet   | Quorn Sausage Toad in the Hole & Roast Potatoes                          | Margherita Pizza HV  | Veggie Nuggets & Chips   |
| <b>Sides</b>   | Mixed Vegetables or Salad Bar  | Sauted Potatoes & Green Beans  | Broccoli, Baby Carrots & Gravy or Salad Bar                              | Diced Potatoes & Sweetcorn or Salad Bar                                  | Beans, Peas or Salad Bar   |
| <b>Jacket</b>  | Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna / Baguette with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna / Baguette with Cheese, Tuna or Ham |
| <b>Dessert</b> | Jam Sponge & Vanilla Custard, Fruit or Yoghurt                           | Chocolate Brownie, Fruit or Yoghurt HV                                       | Strawberry Ice Cream with Vanilla Shortbread, Fruit or Yoghurt           | Iced Lemon Muffins, Fruit or Yoghurt HV                                  | Chocolate & Peppermint Oat Cookie, Fruit or Yoghurt                          |

## The Guide to Goodness



Many of our homemade desserts contain at least 50% fruit or hidden veg



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



Over 75% of our dishes are made fresh on site from fresh ingredients



All our pizza and pasta sauces are homemade and have hidden veg



Where possible we use ingredients sourced from local producers