




























WEEK 1

W/C: 04/11, 25/11, 16/12, 06/01, 27/01, 17/02, 10/03, 31/03

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Macaroni Cheese 	Chicken Jollof Rice	Roast Chicken Served with Roast Potatoes and Gravy	BBQ Chicken Pizza  Served with Pesto Pasta	Southern Fried Chicken Served with Chips
JACKET POTATO	Cheesy Bean Burrito   	West African Vegetable Rice   	Spanish Vegetable Rice 	Meatless Feast Cheesy Pizza   Served with Pesto Pasta	Crispy Quorn Sub  Served with Chips
JACKET POTATO	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings including Salmon Mayonnaise 	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings
<p>Tomato Pasta Fresh, homemade tomato sauce with penne pasta  </p> <p>All main meals are served with two vegetables</p>					
DESSERT	Apple Crumble with Custard 	Chocolate and Coconut Sponge	Strawberry Jelly	Flapjack with Fruit 	Chocolate Brownie

AVAILABLE EVERY DAY
Water, salad, freshly baked bread, yoghurt & fresh fruit

 Vegetarian  Oily Fish  Wholegrain
 Fruity!  Nutritionist's Choice

WEEK 2

W/C: 11/11, 02/12, 23/12, 13/01, 03/02, 24/02, 17/03, 07/04

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Supreme Pizza	BBQ Meatball Pasta Bake	Roast Chicken Served with Roast Potatoes and Gravy	Chicken Tikka Masala	Jerk Chicken Served with Chips
JACKET POTATO	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings
	Fajitas Served with Wholegrain Rice				
	Chinese Vegetable Noodles				
	Winter Vegetable Hotpot Served with Gravy				
	Macaroni Cheese				
	Quorn Dippers Served with Chips				
	Tomato Pasta Fresh, homemade tomato sauce with penne pasta				
	All main meals are served with two vegetables				
DESSERT	Vanilla Ice Cream	Apple and Cinnamon Sponge with Custard	Strawberry Jelly	Orange Glazed Sticky Sponge Pudding with Custard	Chocolate Cookie

AVAILABLE EVERY DAY

Water, salad, freshly baked bread, yoghurt & fresh fruit

Vegetarian Oily Fish Wholegrain

Fruity! Nutritionist's Choice

WEEK 3

W/C: 18/11, 09/12, 30/12, 20/01, 10/02, 03/03, 24/03, 14/04

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Veggie Balls Served with Pasta	Beef Bolognese Served with Wholewheat Pasta and Garlic and Herb Bread	BBQ Chicken Served with Roast Potatoes and Gravy	Chicken and Vegetable Korma Served with Wholegrain Rice	Southern Fried Chicken Served with Chips
JACKET POTATO	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato sauce with penne pasta					
All main meals are served with two vegetables					
DESSERT	Chocolate Beet Brownie with Orange Slices	Banana Cake	Oat Cookie with Fruit	Jam and Coconut Sponge with Custard	Strawberry Frozen Yoghurt

AVAILABLE EVERY DAY
Water, salad, freshly baked bread, yoghurt & fresh fruit

Vegetarian **Oily Fish** **Wholegrain**
 Fruity! **Nutritionist's Choice**