

# Week one

16/01 06/02 06/03 27/03 01/05 22/05

Jacket potatoes are available **every day**.

Monday

Traditional Beef Lasagne with Carrots & Broccoli  
Cheese & Tomato Pizza ✓ with Baked Wedges, Carrots & Broccoli

Apple Cracknell with Custard\*  
Custard Biscuit



Tuesday

Turkey Meatballs in Tomato Sauce with Wholegrain Rice\*\* Cauliflower & Garden Peas  
Vegetarian Toad in the Hole ✓ with Gravy, New Potatoes, Cauliflower & Garden Peas

Banana Bread & Butter Pudding with Custard\*  
Crunchy Biscuit

Wednesday

Roast Pork & Glazed Apples, with Mash, Gravy, Carrots & Green Beans  
Quorn Roast ✓ with Mash, Gravy, Carrots & Green Beans

Chocolate Cake with Mandarins' & Custard\*  
Giant Crunchy Cookie

Thursday

Cottage Pie with Sweetcorn & Roasted Vegetables  
Macaroni Cheese ✓ with Sweetcorn & Roasted Vegetables

Fruity Sultana Flapjack with Custard\*  
Chocolate Oaty Cookie

Friday

Golden Fish Fillet Fingers with Chips, Baked Beans & Garden Peas  
Italian Style Beany Pasta ✓ with Baked Beans & Garden Peas

Chocolate and Banana Muffin\*  
Shortbread Fingers

# Week two

23/01 13/02 13/03 03/04 08/05

Wholemeal Meat Feast Pizza with Sweetcorn & Roasted Vegetables  
Baked Bean Hotpot ✓ with Wholegrain Rice\*\* Sweetcorn & Roasted Vegetables

Local Sausages with Mash, Gravy, Garden Peas & Carrots  
Vegetable Lasagne ✓ with Garden Peas & Carrots

Roast Gammon with Roast Potatoes, Gravy, Swede & Broccoli  
Cheesy Hotpot ✓ with Swede & Broccoli

Baked Lemon Chicken Thigh with Savoury Rice, Seasonal Cabbage & Carrots  
Vegetarian Bolognese ✓ With Wholemeal Pasta\*\* Seasonal Cabbage & Carrots

Crispy Battered Fillet of Fish with Chips, Baked Bean, Garden Peas & Baton Carrots  
Omelette & Baked Beans ✓ with Chips, Baked Bean, Garden Peas & Baton Carrots

If you don't fancy dessert, you can **always** enjoy fresh fruit or yoghurt.

Chocolate Marble Cake with Warm Berry Compote\*  
Custard Biscuit

Fruity Delight\*  
Crunchy Biscuit

Pineapple Upside Down Cake with Custard\*  
Giant Crunchy Cookie

Wholemeal Orange Triangle\*  
Chocolate Oaty Cookie

Fruit Sponge Cake with Custard\*  
Shortbread Finger

# Week three

30/01 27/02 20/03 24/04 15/05

Turkey Burger in a Bun with Pasta Salad, Garden Peas & Roasted Vegetables  
Vegetable Supreme Pizza ✓ with Baked Cajun Wedges, Garden Peas & Roasted Vegetables

Apple Cake with Custard\*  
Custard Biscuit

Shepherds Pie with Broccoli & Carrots  
Cheddar Cheese & Sweetcorn Quiche ✓ with New Potatoes, Broccoli & Carrots

Fruit Crumble with Custard\*  
Crunchy Biscuit

Roast Local Turkey with Roast Potatoes, Gravy, Sweetcorn & Cauliflower  
Country Vegetable Pie ✓ with Roast Potatoes, Sweetcorn & Cauliflower

Banana Sticky Toffee Pudding\*  
Giant Crunchy Cookie

Chicken & Broccoli Pasta Bake\*\* with Roasted Vegetables & Garden Peas  
Vegetarian Sausages ✓ with Mash, Gravy, Roasted Vegetables & Garden Peas

California Fruity Rice Pudding\*  
Chocolate Oaty Cookie

Salmon Fish Cake or Golden Fish Fingers with Chips, Baked Beans Sweetcorn & Carrots  
Quorn Burger in a Bun ✓ with Tomato Relish, Chips, Baked Beans Sweetcorn & Carrots

Peach Sponge with Custard\*  
Shortbread Fingers

\*Fruit based \*\*Wholegrain. Cool water and organic milk served daily. Sandwiches with a choice of fillings available daily. We have a fresh seasonal salad bar and homemade 50/50 bread available daily. Wherever possible we cater for special dietary requests, please speak to your Catering Manager.



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**.

