



## WEEK 1

W/C: 30/10, 20/11, 11/12, 01/01, 22/01, 12/02, 04/03, 25/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PECIALS	Cheese and Tomato Pizza	<b>Classic Beef Burger</b> Served with Potato Wedges	<b>Roast Chicken</b> Served with Roast Potatoes and Gravy	<b>Beef Bolognese : →</b> Served with Wholewheat Pasta and Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
HOT SPECIALS	Stir Fried Vegetable Rice 🛭 🐲 🤫	Vegetarian Burger   Served with Potato Wedges	<b>Vegetable Pastry Roll ⊙</b> Served with Mashed Potato and Gravy	<b>Vegetarian Bolognese ⊘ 🦃 ♥</b> Served with Wholewheat Pasta and Garlic and Herb Bread	Crispy Quorn Nuggets <b>⊙</b> Served with Chips
JACKET	<b>Jacket Potatoes ® ©</b> with a choice of hot and cold fillings	<b>Jacket Potatoes                                     </b>	<b>Jacket Potatoes ® ©</b> with a choice of hot and cold fillings	<b>Jacket Potatoes ® </b> with a choice of hot and cold fillings	<b>Jacket Potatoes </b>
		Tomato Pasta Fresh, l	nomemade tomato and basil sauce with pen	ne pasta 🔻 🔆	
		All main	meals are served with two vegetable	es	
DESSERT	Chocolate Brownie	Crispy Crackle Bar with Fruit	Carrot, Orange and Sultana Slice &	Original Flapjack	Vanilla Ice Cream

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

Vegetarian Dily Fish Wholegrain

☼ Fruity! ♥ Nutritionist's Choice





## WEEK 2

W/C: 06/11, 27/11, 18/12, 08/01, 29/01, 11/03

Truity! W Nutritionist's Choice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
HOT SPECIALS	Cheese and Tomato Pizza     Served with Potato Wedges	<b>Turkey Con Chilli : → →</b> Served with Wholegrain Rice	<b>Roast Beef</b> Served with Roast Potatoes and Gravy	<b>Sausage Pasta Bake *</b> Served with Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips		
	Vegetarian Cottage Pie    Served with Gravy	Macaroni Cheese <b>⊘</b>	Cheesy Leek and Carrot Crumble    Served with Roast Potatoes and Gravy	Vegetarian Sausage Pasta Bake ₩ Served with Garlic and Herb Bread	<b>Crispy Quorn Nuggets ⊙</b> Served with Chips		
JACKET	<b>Jacket Potatoes  ②</b> with a choice of hot and cold fillings	<b>Jacket Potatoes ® ⊚</b> with a choice of hot and cold fillings	<b>Jacket Potatoes </b>	<b>Jacket Potatoes </b>	<b>Jacket Potatoes </b>		
		<b>Tomato Pasta</b> Fresh,	homemade tomato and basil sauce with pen	ne pasta 🔻 👙			
All main meals are served with two vegetables							
DESSERT	Apple Crumble with Custard &	Crunchy Chocolate Biscuit	Chocolate and Vanilla Marble Cake	Carrot Cake &	Strawberry Ice Cream		
			AVAILABLE EVERY DAY		Dily Fish 🐲 Wholegrain		

yoghurt & fresh fruit





## WEEK 3

W/C: 13/11, 04/12, 15/01, 05/02, 26/02, 18/03

Vegetarian 🖒 Oily Fish 😻 Wholegrain

Fruity! W Nutritionist's Choice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
ECIALS	Cheese and Tomato Pizza	<b>Pork Sausages</b> Served with Mashed Potatoes and Gravy	<b>Roast Pork</b> Served with Roast Potatoes and Gravy	<b>Lamb Bolognese ŵ ॐ</b> Served with Wholewheat Pasta	<b>Breaded Fish Fingers</b> Served with Chips			
HOT SPECIALS	Chilli No Carne with Crispy Tortilla  Served with Wholegrain Rice	Cauliflower Macaroni Cheese <b>② ※ ※</b> Served with Garlic and Herb Bread	Sweet Potato and Chickpea Roast  ©   Served with Roast Potatoes and Gravy	Sweet and Sour Vegetables    Served with Wholegrain Rice	<b>Crispy Quorn Nuggets ⊚</b> Served with Chips			
JACKET HOT SI	<b>Jacket Potatoes ॐ ♡</b> with a choice of hot and cold fillings	<b>Jacket Potatoes ॐ ⊙</b> with a choice of hot and cold fillings	<b>Jacket Potatoes ® ©</b> with a choice of hot and cold fillings	<b>Jacket Potatoes ® ©</b> with a choice of hot and cold fillings	<b>Jacket Potatoes ॐ ©</b> with a choice of hot and cold fillings			
	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 🔻 🕸							
		All main	meals are served with two vegetable	es .				
DESSERT	Magic Apple and Cinnamon Bake	Strawberry Jelly	Banana Cake ក្	Pineapple Upside Down Cake with Custard	Chocolate Ice Cream with Shortbread Biscuit			

**AVAILABLE EVERY DAY** 

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