LUNCH Week 1

FOOD SMART FOR BODY AND BRAIN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Sausage Pasta Bake (V)	Quorn Loaded Masala & Rice (NEW) (V)	Shredded Vegetable Shawarma with Roast Potatoes (V)	Roasted Gnocchi in Tomato Sauce (Ve)	Cheese & Tomato Pizza & Oven Baked Chips (V)
MAIN 2	Pasta Bolognese	BBQ Chicken with Mashed Potatoes & Gravy (NEW)	Roast of the Day with Roast Potatoes & Gravy	Vegetable Lasagne (V)	Friday Fish Bar & Oven Baked Chips
VEG	Daily vegetables served				
DESSERTS	Berry Crumble Muffin (NEW) (Ve)	Fruity Crunch Pot (V)	Autumn Fruit Shortbread (V)	Spiced Ginger Cake (Ve)	Chocolate Custard Pot (V)
	Fruit & Yoghurt				

AVAILABLE DAILY

Jacket Potatoes available daily

04/11 25/11 16/12 06/01 27/01 17/02 10/03 31/03

MENU KEY (V) Vegetarian (Ve) Vegan (+) Plant+ Spiced (NEW) New Dish

LUNCH Week 2

FOOD SMART FOR BODY AND BRAIN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Veggie Sausage with Mashed Potatoes & Gravy (V)	Chinese Noodle Stir Fry (V)	Sticky Tomato Tart & Roast Potatoes (V)	Broccoli Soft Tacos & Rice (V)	Cheese & Tomato Pizza & Oven Baked Chips (V)
MAIN 2	Chicken Sausage with Mashed Potatoes & Gravy	Roasted Tomato Pasta (NEW) (Ve)	Roast of the Day with Roast Potatoes & Gravy	BBQ Baked Chicken with Rice (NEW)	Friday Fish Bar & Oven Baked Chips
VEG	Daily vegetables served				
DESSERTS	Fruit Jelly Pot (V)	Pineapple & Ginger Tart (NEW) (Ve)	Chocolate Cookie (Ve)	Fruity Sponge Oat Crumble (V)	Cinnamon Apple Cake (Ve)
	Fruit & Yoghurt				

11/11 02/12 23/12 13/02 03/02 24/02 17/03

AVAILABLE DAILY

Jacket Potatoes available daily

MENU KEY (V) Vegetarian (Ve) Vegan (+) Plant+ (Spiced) Spiced (NEW) New Dish

LUNCH Week 3

FOOD SMART FOR BODY AND BRAIN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	No Meatballs with Mashed Potatoes & Gravy (V)	Cheese & Tomato Pizza with Potato & Red Onion Salad (V)	Quorn Loaf Roast & Roast Potatoes (V)	Vegetable Tray Bake (Ve)	Handmade Sausage Roll & Oven Baked Chips (NEW) (V)
MAIN 2	Potato Topped Beef & Onion Pie	Meat Feast Pizza with Potato & Red Onion Salad	Roast of the Day with Roast Potatoes & Gravy	Mac n Cheese (V)	Friday Fish Bar & Oven Baked Chips
VEG	Daily vegetables served				
DESSERTS	Banana Yoghurt Cake (NEW) (V)	Autumn Fruit Traybake (V)	Easiyo Fruit Mousse (V)	Carrot Cake (NEW) (V)	Cinnamon Apple Bun (NEW) (V)
	Fruit & Yoghurt				

AVAILABLE DAILY

Jacket Potatoes available daily

~~18/11 09/12 30/12 20/01 10/02 03/03 24/03~~

MENU KEY (V) Vegetarian (Ve) Vegan (+) Plant+ Spiced (NEW) New Dish

Quorn