WEEK 1

Allergy information available on request

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main				
Macaroni Cheese (v)	Chicken and Vegetable Stew with a Filo Twist and Mashed Potatoes	Roast of the Day with Roast Potatoes and Gravy	Meat Pizza	Fish of the Day and Chips
Vegetarian				
Vegetable Pilaf (v)	Vegetarian Cottage Pie (v)	BBQ Quorn Fillet with Roast Potatoes (v)	Veggie Pizza (v)	Veggie Plait and Chips (v)
3rd Options				
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Pasta with Tomato Sauce and Cheese	Pasta with Tomato Sauce and Cheese	Pasta with Tomato Sauce and Cheese	Pasta with Tomato Sauce and Cheese	Pasta with Tomato Sauce and Cheese
Deli				
Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese				
Vegetables				
Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables
Dessert				
Apple Shortbread	Autumn Fruit Crumble with Custard	Ruby Chocolate Cake	Fruit Jelly	Fruit with Custard
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.

31st Oct, 21st Nov, 12th Dec, 2nd Jan, 23rd Jan, 13th Feb, 6th Mar, 27th Mar

FOODSMART Be More FOR BODY AND BRAIN

Soil Association FOOD FOR LIFE CATERING MARK

ASSURED FOOD STANDARDS

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

AiP ALLIANCE in PARTNERSHIP

WEEK 2

Allergy information available on request

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main				
Veggie Lasagne (v)	Pork Sausage with Mashed Potatoes and Gravy	Roast of the Day with Roast Potatoes and Gravy	Chicken Korma with Brown Rice	Fish of the Day and Chips
Vegetarian				
5 Bean Chilli Nachos (v)	Vegan Sausage with Mashed Potatoes and Gravy (v)	Vegetable Wellington with Roast Potatoes and Gravy (v)	Vegetable Frittata with Salad (v)	Cheese and Tomato Pizza with Chips (v)
3rd Options				
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Pasta with Tomato Sauce and Cheese	Pasta with Tomato Sauce and Cheese	Pasta with Tomato Sauce and Cheese	Pasta with Tomato Sauce and Cheese	Pasta with Tomato Sauce and Cheese
Deli				
Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese				
Vegetables				
Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables
Dessert				
Apple Cinnamon Loaf	Fruit Jelly	Autumnal Iced Cake	Cookie	Fruit with Custard
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.

7th Nov, 28th Nov, 19th Dec, 9th Jan, 30th Jan, 20th Feb, 13th Mar

FOOD SMART Be More FOR BODY AND BRAIN

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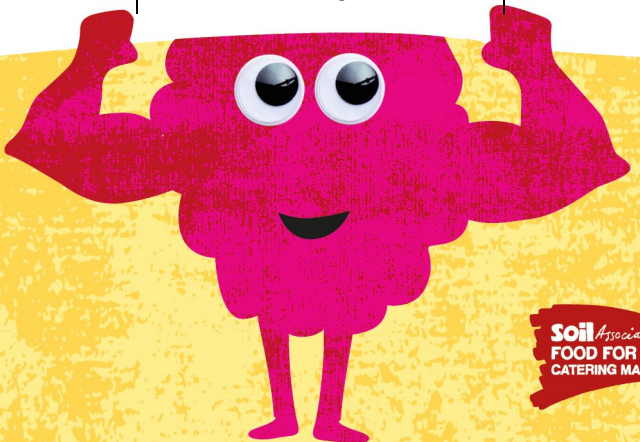
AiP ALLIANCE in PARTNERSHIP

WEEK 3

Allergy information available on request

14th Nov, 5th Dec, 26th Dec, 16th Jan, 6th Feb, 27th Feb, 20th Mar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main				
Vegan Sausage Roll with Wedges (v)	Beef Bolognese with Pasta	Roast of the Day with New Potatoes and Gravy	Mild Beef Chilli Nachos with Brown Rice	Fish of the Day and Chips
Vegetarian				
Sweet and Sour Veggie Noodles with Edamame (v)	Veggie Biryani (v)	Vegan Quorn Fillet with New Potatoes and Gravy (v)	Cheesy Baked Mediterranean Gnocchi (v)	Cheese Toastie and Chips (v)
3rd Options				
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Salmon Mayo or Coleslaw
Pasta with Tomato Sauce and Cheese	Pasta with Tomato Sauce and Cheese	Pasta with Tomato Sauce and Cheese	Pasta with Tomato Sauce and Cheese	Pasta with Tomato Sauce and Cheese
Deli				
Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese				
Vegetables				
Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables
Dessert				
Raspberry and Coconut Flapjack	Sticky Toffee Pudding with Custard	Jelly	Chocolate Crispy Cake	Fruit with Custard
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt



Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.

FOODSMART Be More FOR BODY AND BRAIN

Soil Association FOOD FOR LIFE CATERING MARK

ASSURED FOOD STANDARDS

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