

# What's on the MENU



## Week 1

Week commencing: 30th Oct • 20th Nov • 11th Dec • 8th Jan • 29th Jan • 26th Feb • 19th Mar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAINS OPTION 1</b>	Cheesy potato bake	BBQ chicken	Pork sausage and omelette	Beef strips and Yorkshire pudding with gravy	Golden fish fingers
<b>MAINS OPTION 2</b>	Quorn dippers	Veggie burrito	Quorn sausage and omelette	Roasted Quorn fillet with gravy	Cheese and tomato pinwheels
<b>MAINS OPTION 3</b>	Southern fried Quorn fajitas	Ham baguette	Falafel wrap	Tomato, mozzarella and basil roasted bruschetta	Cheesy scone
<b>ON THE SIDE</b>	Pasta • Garlic bread • Spaghetti in tomato sauce • Garden peas	Rice • Couscous • Vegetable selection	Herby diced potatoes • Oven baked tomatoes • Baked beans • Home baked focaccia	Crispy roast potatoes • Creamed potatoes • Savoy cabbage • Sliced carrots	Chips • Garden peas • Sweetcorn •
<b>DESSERTS</b>	Not naughty but nice muffin • Fruit yoghurt • Fresh fruit slices • Cheese and crackers	Tutti fruity Tuesday • Fresh yoghurt • Cheese and crackers	Sticky toffee sponge and custard • Fresh yoghurt • Fresh fruit slices • Cheese and crackers	Fresh yoghurt bar with various toppings • Shortbread • Fresh fruit slices • Cheese and crackers	Blackberry and apple flapjack crumble • Fresh yoghurt • Fresh fruit slices • Cheese and crackers

Salad bar and wholemeal bread available daily. Unlimited fresh fruit available to accompany all desserts.

## Week 2

Week commencing: 6th Nov • 27th Nov • 18th Dec • 15th Jan • 5th Feb • 5th Mar • 26th Mar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAINS OPTION 1</b>	Mac 'n' cheese	Cowboy chicken and bacon pie	Beef lasagne	Local pork roast with apple sauce and gravy	Crispy seaside salmon
<b>MAINS OPTION 2</b>	Veggie sausage roll	Vegetable enchilada	Cheese quiche	Yorkshire pudding and gravy with seasonal roast vegetables	Veggie burger in a bap
<b>MAINS OPTION 3</b>	Egg, cress and cucumber bap	Tuna pasta bake	Golden fish finger roll	Falafel wrap	Farmer's choice chipolatas under wraps
<b>ON THE SIDE</b>	Diced potatoes • Baked beans • Sweetcorn • Tomato bread	Rice • Carrot and swede mash • Broccoli • Seeded bread	Pasta salad • Garlic and herb bread • Corn on the cob • Green beans	Crispy roast potatoes • Creamed potatoes • Garden peas • Baby carrots	Potato wedges • Mushy peas • Spaghetti in tomato sauce
<b>DESSERTS</b>	Oaty apple crumble and custard • Fruit yoghurt • Fresh sliced fruit • Cheese and crackers	Tutti fruity Tuesday • Fresh yoghurt • Cheese and crackers	Secret garden chocolate cake • Fresh yoghurt granola pots • Fresh sliced fruit • Cheese and crackers	Waffle 'as you like it' • Fresh yoghurt • Fresh fruit slices • Cheese and crackers	Chocolate brownie • Fresh yoghurt • Fresh fruit slices • Cheese and crackers

Salad bar and wholemeal bread available daily. Unlimited fresh fruit available to accompany all desserts.

## Week 3

Week commencing: 13th Nov • 4th Dec • 1st Jan • 22nd Jan • 19th Feb • 12th Mar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAINS OPTION 1</b>	Margarita pizza	Chicken korma and naan bread	Beef Bolognese	Roast chicken breast with stuffing and gravy	Seaside chunky fish finger
<b>MAINS OPTION 2</b>	Mediterranean quiche	Five bean chilli	Cheesy vegetables	Veggie sausage and Yorkshire pudding with gravy	Falafel wrap with yoghurt mint dip
<b>MAINS OPTION 3</b>	Coronation Quorn wrap	Jacket potato with baked beans and coleslaw	Tuna baguette	Ham salad pitta and vegetable sticks	Omelette
<b>ON THE SIDE</b>	Couscous • ½ jacket potato • Baked beans • Sweetcorn	Rice • ½ jacket potato • Pea and sweetcorn medley	Pasta • Sweetcorn • Vegetable sticks • Garlic bread	Crispy roast potatoes • Creamed potatoes • Baton carrots • Cauliflower cheese	Chips • ½ jacket potato • Spaghetti hoops • Garden peas
<b>DESSERTS</b>	Banana and pineapple cake • Fruit yoghurt • Fresh sliced fruit • Cheese and crackers	Tutti fruity Tuesday • Fresh yoghurt • Cheese and crackers	Oat and raisin cookie • Fresh yoghurt • Fresh sliced fruit • Cheese and crackers	Pancake bar with tasty toppings • Fresh yoghurt • Sliced fresh fruit • Cheese and crackers	Chocolate crispy cake • Fresh yoghurt • Fresh sliced fruit • Cheese and crackers

Salad bar and wholemeal bread available daily. Unlimited fresh fruit available to accompany all desserts.



Salad bar available subject to the style of service. Some menus or items on the menu are subject to change. All desserts are suitable for vegetarians.

