WEEK 1

Try something different!
Trying new and different foods is a great way of getting all the nutrition your body needs

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!
MONDAY	Beef Bolognese	Jacket Potato with tuna & cucumber mayo Butternut Squash & Chickpea Curry & Rice (V)	Green Beans OR Salad	Yoghurt & Granola Fruit Salad
TUESDAY	Macaroni Cheese (V)	Jacket Potato with cheese (V) Quorn Sausage & Bean Hotpot (V)	Baby Carrots & Sweetcorn OR Salad	Melon & Orange Cocktail Fruit Salad
WEDNESDAY	Roast Chicken in Gravy with Roast Potatoes	Cauliflower & Sweetcorn Bake with Roast Potatoes (V)	Seasonal Cabbage & Carrot Mix	Oat & Honey Shortbread Fruit Salad
THURSDAY	Sausages & Mash	Cheese & Tomato Pasta (V)	Mixed Vegetables OR Salad	Apple & Mango Drizzle Sponge Fruit Salad
FRIDAY	Fish & Chips	Omelette & Chips (V)	Baked Beans OR Salad	Gingerbread Cookie Fruit Salad

Available every day!
Water
Milk
Fresh bread
Salad

Look out for these symbols for our super healthy dishes: (V) Vegetarian
Fruity! Wholegrain Oily fish

Allergy? Speak to our kitchen for help

WEEK 1 W/C: 14/09, 05/10, 26/10, 16/11, 07/12, 28/12, 18/01, 08/02, 01/03, 22/03, 12/04

WEEK 2

Try something different!
Trying new and different foods is a great way of getting all the nutrition your body needs

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!
MONDAY	Cheese & Tomato Pizza (V)	Creamy Chicken Pasta	Peas & Sweetcorn OR Salad	Muesli Flapjack Fruit Salad
TUESDAY	Sausages & Mash	Jacket Potato with tuna & sweetcorn mayo Bean & Lentil Casserole (V)	Green Beans OR Salad	Banana Marble Cake & Custard Fruit Salad
WEDNESDAY	Roast Beef in Gravy with Roast Potatoes	Quorn Balls in Gravy with Roast Potatoes (V)	Seasonal Cabbage & Carrot Mix	Melon & Orange Cocktail Fruit Salad
THURSDAY	Macaroni Cheese (V)	Jacket Potato with Quorn bolognese (V) Vegetable Masala & Rice (V)	Mixed Vegetables OR Salad	Gingerbread Cookie Fruit Salad
FRIDAY	Fish & Chips	Quorn Burger in a Bun & Chips (V)	Baked Beans OR Salad	Yoghurt & Fruit Slices Fruit Salad

Available every day!
Water
Milk
Fresh bread
Salad

Look out for these symbols for our super healthy dishes: (V) Vegetarian
Fruity! Wholegrain Oily fish

Allergy? Speak to our kitchen for help

WEEK 2 W/C: 31/08, 21/09, 12/10, 02/11, 23/11, 14/12, 04/01, 25/01, 15/02, 08/03, 29/03

WEEK 3

Try something different!
Trying new and different foods is a great way of getting all the nutrition your body needs

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!
MONDAY	Chicken Korma & Rice	Jacket Potato with cheese (V) / Cheese & Tomato Pasta (V)	Mixed Vegetables OR Salad	Apple & Mango Drizzle Sponge Fruit Salad
TUESDAY	Cheese & Tomato Pizza (V)	Jacket Potato with Quorn bolognese (V) / Salmon & Broccoli Pasta	Green Beans OR Salad	Oat & Honey Shortbread Fruit Salad
WEDNESDAY	Roast Ham in Gravy with Roast Potatoes	Quorn Sausage in Gravy with Roast Potatoes (V)	Seasonal Cabbage & Carrot Mix	Melon & Orange Cocktail Fruit Salad
THURSDAY	Beef Burger in a Bun with Baked Beans	Jacket Potato with baked beans (V) / Butternut Squash & Chickpea Curry & Rice (V)	Peas & Sweetcorn OR Salad	Yoghurt & Fruit Slices Fruit Salad
FRIDAY	Fish & Chips	Veggie Nuggets & Chips (V)	Baked Beans OR Salad	Banana Marble Cake & Custard Fruit Salad

Available every day!
Water
Milk
Fresh bread
Salad

Look out for these symbols for our super healthy dishes: (V) Vegetarian, Fruity!, Wholegrain, Oily fish

Allergy? Speak to our kitchen for help

WEEK 3 W/C: 07/09, 28/09, 19/10, 09/11, 30/11, 21/12, 11/01, 01/02, 22/02, 15/03, 05/04