

**Week 1** W/C: 6 Sept / 27 Sept / 18 Oct / 8 Nov / 29 Nov

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Ham Macaroni Cheese & Homemade Garlic Bread	Chicken Korma & Wholegrain Rice	Toad in the Hole & Roast Potatoes & Gravy	Meat Feast Pizza & Wedges	Breadcrumbsed Fish Fillet & Chips
<b>Veggie</b>	Vegetarian Macaroni Cheese & Homemade Garlic Bread	Quorn Korma & Wholegrain Rice	Homemade Veggie Roast & Roast Potatoes & Gravy	Margherita Pizza & Wedges	Veggie Burger & Chips
<b>Sides</b>	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
<b>Jacket/Roll</b>	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham
<b>Dessert</b>	Chocolate & Courgette Brownie or Fruit or Yoghurt	Apple Flapjack or Fruit or Yoghurt	Cheesecake or Fruit or Yoghurt	Chocolate Crispy Cake or Fruit or Yoghurt	Homemade Honey Cookie & Vanilla Ice Cream or Fruit or Yoghurt

**Week 2** W/C: 13 Sept / 4 Oct / 25 Oct / Half Term / 15 Nov / 6 Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Meatballs in Tomato Sauce with Pasta & Homemade Garlic Bread	Chicken Chow Mein	Roast Turkey & Roast Potatoes with Gravy	BBQ Chicken Pizza & Wedges	Fish Fingers & Chips
<b>Veggie</b>	Cheese & Tomato Topped Muffin & Pasta	Quorn Chow Mein	Quorn Sausage Toad in the Hole & Roast Potatoes with Veggie Gravy	Margherita Pizza & Wedges	Cheese Wheel & Chips
<b>Sides</b>	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
<b>Jacket</b>	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham
<b>Dessert</b>	Pineapple Upside Down Cake & Custard or Fruit or Yoghurt	Strawberry Jelly & Fruit Cocktail or Fruit or Yoghurt	Chocolate & Vanilla Marble Sponge with Chocolate Custard or Fruit or Yoghurt	Butternut Muffin with Cream Cheese Frosting or Fruit or Yoghurt	Shortbread & Chocolate Ice Cream or Fruit or Yoghurt

**Week 3** W/C: 20 Sept / 11 Oct / 1 Nov / 22 Nov / 13 Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Chicken & Sausage Jambalaya	Beef Bolognese & Pasta & Garlic Bread	Roast Chicken Breast & Roast Potatoes & Gravy	Spicy Beef Pizza & Wedges	Fish Fingers & Chips
<b>Veggie</b>	Quorn Mince Bolognese & Pasta & Garlic Bread	Quorn Sausage Jambalaya	Cauliflower Cheese & Roast Potatoes & Veggie Gravy	Margherita Pizza & Wedges	Quorn Sausage & Chips
<b>Sides</b>	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
<b>Jacket</b>	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham
<b>Dessert</b>	Apple & Berry Crumble & Custard or Fruit or Yoghurt	Chocolate Dream Cookie or Fruit or Yoghurt	Jam Sponge & Vanilla Custard or Fruit or Yoghurt	Lemon Courgette Drizzle Cake or Fruit or Yoghurt	Strawberry Ice Cream & Berry Compot or Fruit or Yoghurt

**The Guide to Goodness**

Many of our homemade desserts contain at least 50% fruit or hidden veg



The fish we serve is from well-managed and sustainable fisheries



Over 75% of our dishes are made fresh on site from fresh ingredients



All our pizza and pasta sauces are homemade and have hidden veg



Where possible we use ingredients sourced from local producers