

## Week 1 Week commencing 4 Jan / 25 Jan / 22 Feb / 15 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Meatballs with Homemade Pasta Sauce & Pasta	Chicken Special Fried Rice	Roast Pork & Homemade Apple Sauce	Ham & Cheese Pizza topped with Homemade Hidden Veg Sauce	Fish Fingers
<b>Veggie</b>	Quorn Sausages & Tomato Pasta Bake	Quorn Special Fried Rice	Cauliflower Cheese	Margherita Pizza topped with Homemade Hidden Veg Sauce	Homemade Cheesy Wheels
<b>Sides</b>	Mixed Vegetables, Cherry Tomatoes, Cucumber	Chinese Stir Fry Vegetables, Carrot Stix, Cucumber	Roast Potatoes, Broccoli, Carrots, Gravy (veggie)	Oven Baked Wedges, Sweetcorn, Carrot Stix, Cherry Tomatoes	Oven Baked Chips, Peas, Cucumber, Cherry Tomatoes
<b>Jacket</b>	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo
<b>Dessert</b>	Treacle (with Hidden Parsnip) Sponge & Custard or Fresh Fruit or Yoghurt	Chocolate Ice Cream & Shortbread Biscuit or Fresh Fruit or Yoghurt	Vanilla Rice Pudding with Homemade Berry Compote or Fresh Fruit or Yoghurt	Homemade Chocolate Dream Cookie or Fresh Fruit or Yoghurt	Apple Flapjack or Fresh Fruit or Yoghurt

## Week 2 Week commencing 11 Jan / 1 Feb / 1 Mar / 22 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Pork Sausages	Beef Lasagne	Freshly Roasted Chicken Breast	Sausage & Bean Pizza topped with Homemade Hidden Veg Sauce	Fish Cakes
<b>Veggie</b>	Quorn Sausages	Quorn Mince Lasagne	Homemade Veggie Roast	Margherita Pizza topped with Homemade Hidden Veg Sauce	Savoury Homemade Cheese Muffin
<b>Sides</b>	Mashed Potato, Broccoli, Onion Gravy (veggie)	Homemade Garlic Bread, Sweetcorn, Rainbow Salad	Roast Potatoes, Carrots & Green Beans, Gravy (veggie)	Oven Baked Wedges, Pasta Salad, Sweetcorn, Carrot Stix & Cherry Tomatoes	Oven Baked Chips, Peas, Beans, Cucumber, Cherry Tomatoes
<b>Jacket</b>	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna
<b>Dessert</b>	Jam Sponge & Custard or Fresh Fruit or Yoghurt	Vanilla Ice Cream & Peaches or Fresh Fruit or Yoghurt	Apple & Berry Crumble & Custard or Fresh Fruit or Yoghurt	Chocolate (with Hidden Courgette) Marble Cake or Fresh Fruit or Yoghurt	Homemade Apricot Cookie or Fresh Fruit or Yoghurt

## Week 3 Week commencing 18 Jan / 8 Feb / 29 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Ham & Macaroni Cheese	Chicken & Sausage Jambalaya	Roast Gammon	BBQ Chicken Pizza with Homemade Hidden Veg Sauce	Breadcrumbsed Fish Fillet
<b>Veggie</b>	Macaroni Cheese	Quorn Jambalaya	Homemade Homity Pie	Margherita Pizza with Homemade Hidden Veg Sauce	Veggie Burger
<b>Sides</b>	Homemade Garlic Bread, Mixed Veg, Cherry Tomatoes, Cucumber	Broccoli & Sweetcorn, Carrot Stix, Cucumber	Roast Potatoes, Green Beans, Carrots, Cucumber, Tomatoes	Oven Baked Wedges, Sweetcorn, Carrot Stix, Cherry Tomatoes	Oven Baked Chips, Peas, Beans, Cucumber, Cherry Tomatoes
<b>Jacket</b>	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna
<b>Dessert</b>	Lemon (with Hidden Courgette) Drizzle Muffin or Fresh Fruit or Yoghurt	Strawberry Ice Cream & Homemade Berry Compote or Fresh Fruit or Yoghurt	Sticky Toffee Pudding & Custard or Fresh Fruit or Yoghurt	Custard Cake or Fresh Fruit or Yoghurt	Raspberry & Vanilla Cupcake or Fresh 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