

AUTUMN TERM 2023

Week 1 W/C: 04/09, 25/09, 16/10, 13/11, 04/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Bolognese & pasta	Ham, cheese & potato layer bake	Roast turkey, roast potatoes & veg	Pepperoni pizza	Battered Fish & chips
Veggie	Quorn Bolognese & pasta	Quorn, cheese & potato layer bake	Quorn sausage, roast potatoes & veg	Margherita pizza	Savoury cheese muffin & chips
Sides	Fresh veg or salad	Fresh veg or salad	Fresh veg or salad	Wedges, fresh veg or salad	Fresh veg or salad
Jacket	Jacket Potato with Cheese, Tuna Mayo or Beans	Jacket Potato with Cheese, Tuna Mayo or Beans	Jacket Potato with Cheese, Tuna Mayo or Beans	Jacket Potato with Cheese, Tuna Mayo or Beans	Jacket Potato with Cheese, Tuna Mayo or Beans
Dairy Free/Vegan	Vegan stirfry & vegan cake	Vegan cheese boat & vegan biscuit	Vegan sausage, roast potatoes & veg & vegan flapjack	Vegan pizza & vegan cake	Vegan burger & yoghurt
Dessert	Sticky toffee pudding & squirty cream, fruit or yoghurt	Homemade oat & cranberry biscuit, fruit & yoghurt	Berry flapjack, fruit & yoghurt	Butternut squash & cream cheese topping, fruit or yoghurt	Chocolate ice cream & vanilla biscuit, fruit or yoghurt

Week 2 W/C: 11/09, 02/10, 30/10, 20/11, 11/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Ham macaroni	Pork sausages	Roast chicken breast, roast potatoes & veg	Ham & cheese pizza	Fish fingers & chips
Veggie	Cheese Macaroni	Quorn sausages	Broccoli & potato cheese bake	Margherita pizza	Veggie nuggets & chips
Sides	Garlic bread or salad	Diced potatoes, fresh veg or salad	Fresh veg or salad	Jacket wedges, fresh veg or salad	Fresh veg or salad
Jacket	Jacket Potato with Cheese, Tuna Mayo or Beans	Jacket Potato with Cheese, Tuna Mayo or Beans	Jacket Potato with Cheese, Tuna Mayo or Beans	Jacket Potato with Cheese, Tuna Mayo or Beans	Jacket Potato with Cheese, Tuna Mayo or Beans
Dairy Free/Vegan	Pesto & broccoli pasta & vegan cake	Vegan sausage & sorbet	Vegan bubble & squeak & vegan cake	Vegan pizza & yoghurt	Vegan nuggets & chips & cookie
Dessert	Iced lemon & courgette cake, fruit or yoghurt	Strawberry ice cream & jelly, fruit or yoghurt	Treacle & parsnip sponge & vanilla custard, fruit or yoghurt	Vanilla ice cream	Chocolate shortbread

Week 3 W/C: 18/09, 09/10, 06/11, 27/11

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Bacon pasta bake	Beef cottage pie with cheesy potato crust	Roast gammon, roast potatoes & veg	Sausage pizza	Fish fingers & chips
Veggie	Mixed veg pasta bake	Quorn cottage pie with cheesy potato crust	Homemade cheese & red onion pasty, roast potatoes & veg	Margherita pizza	Homemade Cheese wheels & chips
Sides	Garlic bread, fresh veg or salad	Fresh veg or salad	Fresh veg or salad	Potato wedges, fresh veg or salad	Wholewheat spaghetti hoops or salad
Jacket	Jacket Potato with Cheese, Tuna Mayo or Beans	Jacket Potato with Cheese, Tuna Mayo or Beans	Jacket Potato with Cheese, Tuna Mayo or Beans	Jacket Potato with Cheese, Tuna Mayo or Beans	Jacket Potato with Cheese, Tuna Mayo or Beans
Dairy Free/Vegan	Mixed veg & tomato pasta & vegan flapjack	Lentil pie & vegan cake	Vegan cheese & onion pasty & vegan biscuit	Vegan pizza & yoghurt	Vegan cheese wheel & vegan cookie
Dessert	Flapjack, fruit or yoghurt	Chocolate & vanilla marble sponge & chocolate custard, fruit & yoghurt	Oaty apple & berry crumble & custard, fruit or yoghurt	Vanilla ice cream & winter berries, fruit or yoghurt	Milk chocolate cookie, 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