

- Desserts: main dessert available as per menu or fresh fruit alternative.

**WC: 07/09, 28/09, 19/10, 16/11, 07/12, 11/01, 01/02, 01/03, 22/03, 26/04, 17/05, 14/06, 05/07**

| Menu Week 1              | Meat free Monday  | Great British Food Tuesday   | Roast Dinner Wednesday  | Around the World Thursday                                 | Fish Friday  |
|--------------------------|---|--|---|---|--|
| <b>Meat Choice</b>       | Wholemeal pizza margherita, hand cut potato wedges and mixed salad or baked beans | Sausage and mashed potatoes, gravy and seasonal vegetables                           | Roasted beef, Yorkshire pudding, roast potatoes, gravy and steamed mixed vegetables                     | Chicken curry, rice and mini naan bread                   | Omega 3 Fish fingers with chips, peas or mushy peas      |
| <b>Vegetarian Choice</b> |   | Quorn sausage and mashed potatoes, gravy and seasonal vegetables <b>(on request)</b> | Quorn fillet, Yorkshire pudding, roast potatoes, gravy and steamed mixed vegetables <b>(on request)</b> | Quorn curry, rice and mini naan bread <b>(on request)</b> | Quorn sausage, chips, peas and gravy <b>(on request)</b> |
| <b>Jacket Potatoes</b>   | <b>Freshly baked Golden jacket potato with choice of fillings and salad</b>       |  |   |   |  |
| <b>Dessert</b>           | Oaty biscuit  | Sticky toffee cup cake   | Chocolate Brownie   | Homemade digestive biscuit                                | Rainbow muffin   |

**WC: 14/09, 05/10, 02/11, 23/11, 14/12, 18/01, 08/02, 08/03, 29/03, 03/05, 24/05, 21/06, 12/07**

| Menu Week 2              | Meat free Monday  | Great British Food Tuesday  | Roast Dinner Wednesday   | Around the World Thursday  | Fish Friday   |
|--------------------------|---|---|--|--|---|
| <b>Meat Choice</b>       | Meat free sausage and mozzarella topped pizza slice with tomato and vegetable pasta salad | Minced beef and herby dumpling with mashed potatoes and steamed vegetables                      | Roast chicken with Yorkshire pudding, gravy, roast potatoes                          | American style Posh dog, wholemeal finger bun, hand cut white and sweet potato chunks, caramelised onions, coleslaw and sweetcorn          | Crispy battered salmon fillet with chips, peas or mushy peas    |
| <b>Vegetarian Choice</b> |   | Minced Quorn and herby dumpling with mashed potatoes and steamed vegetables <b>(on request)</b> | Roast Quorn Fillet with Yorkshire pudding, gravy, roast potatoes <b>(on request)</b> | Quorn Hot Dog Posh dog, finger bun, hand cut white and sweet potato chunks, caramelised onions, coleslaw and sweetcorn <b>(on request)</b> | Quorn fillet with chips, peas or mushy peas <b>(on request)</b> |
| <b>Jacket Potatoes</b>   | <b>Freshly baked Golden jacket potato with choice of fillings and salad</b>               |   |  |  |   |
| <b>Dessert</b>           | Flapjack  | Waffle  | Ginger cookie  | Apple and cinnamon cup cake  | Homemade biscuit  |

**WC: 21/09, 12/10/, 09/11, 30/11, 04/01, 25/01, 22/02, 15/03, 19/04, 10/05, 07/09, 28/06, 19/07**

| Menu Week 3                   | Meat free Monday  | Great British Food Tuesday  | Roast Dinner Wednesday  | Around the World Thursday   | Fish Friday  |
|-------------------------------|---|---|---|---|--|
| <b>Meat alternative</b>       | Wholemeal pizza margherita, hand cut potato wedges and mixed salad or baked beans | Chicken and wholemeal pastry pie, steamed new potatoes, carrots and broccoli                          | Roast pork with Yorkshire pudding, gravy, mashed potatoes and vegetables                      | Sweet chilli chicken fillet, rainbow rice, soft tortilla with sweetcorn and tomato sauce                            | Battered cod fillet, with chips, peas or mushy peas      |
| <b>Vegetarian Alternative</b> |   | Minced Quorn and wholemeal pastry pie, steamed new potatoes, carrots and broccoli <b>(on request)</b> | Roast Quorn with Yorkshire pudding, gravy, mashed potatoes and vegetables <b>(on request)</b> | Quorn fillet in sweet chilli sauce, rainbow rice, soft tortilla with sweetcorn and tomato sauce <b>(on request)</b> | Quorn sausage, chips, peas and gravy <b>(on request)</b> |
| <b>Jacket Potatoes</b>        | <b>Freshly baked Golden jacket potato with choice of fillings and salad</b>       |   |   |   |  |
| <b>Dessert</b>                | Fruity Cup cake   | Shortbread biscuit  | Waffle  | Chocolate and pear cup cake   | Homemade biscuit   |