

NOV 2022 TO
MAR 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

31st October
28th November
9th January
6th February
13th March

Spaghetti Vegetable Bolognese 1Vg
Quorn Sausage with Mash 1Vg
Cheesy Fusilli 1,7V
Jacket Potato with a Choice of Toppings 7,8,9
Seasonal Vegetables

Rice Pudding 7
Mr Nourish Biscuit 1

Chicken Curry
Butternut Squash Dahl Vg
Herby Tomato Pasta 1Vg
Jacket Potato with a Choice of Toppings 7,8,9
Rice
Seasonal Vegetables

Apple Crumble 1 & Custard 7
Mr Nourish Biscuit 1

Minced Beef & Yorkshire Pudding 1,7,9
BBQ Beans Stuffed Potato Skins 7V
Pesto Pasta 1,7V
Jacket Potato with a Choice of Toppings 7,8,9
Mashed Potatoes
Seasonal Vegetables
Mandarin Drizzle Cake 1,9
Mr Nourish Biscuit 1

Meatball Wrap 1
Vegetable Nuggets & Tomato Sauce 1Vg
Cheese Penne 1,7V
Jacket Potato with a Choice of Toppings 7,8,9
Potato Wedges
Seasonal Vegetables

Chocolate Swirls 1,7
Yoghurt 7

Fish Fingers 1,8
No Meat Burger in a Bun 1,4,5Vg
Tomato Penne 1Vg
Jacket Potato with a Choice of Toppings 7,8,9
Chips, Peas, Baked Beans

Ginger Biscuit 1,15
Yoghurt 7

WEEK 2

7th November
5th December
16th January
20th February
20th March

Macaroni Cheese 1,7 V
Rice & Bean Burrito 1Vg
Tomato & Herb Fusilli 1Vg
Jacket Potato with a Choice of Toppings 7,8,9

Potato Wedges
Seasonal Vegetables

Ice Cream 7
Mr Nourish Biscuit 1

Chicken Stir Fry Noodles 1,3,9,16
Vegan Sausage Roll 1Vg
Pesto Pasta 1,7 V
Jacket Potato with a Choice of Toppings 7,8,9
Mashed Potatoes
Seasonal Vegetables

Chocolate Orange Pot 7
Mr Nourish Biscuit 1

Roast Pork & Gravy
Vegan Mince Puff 1,3Vg
Tomato & Veg Pasta Twists 1Vg
Jacket Potato with a Choice of Toppings 7,8,9
Roast Potatoes
Seasonal Vegetables

Mr Nourish Biscuit 1
Yoghurt 7

Mild Mexican Chilli 4
Roast Vegetables Ratatouille Vg
Cheese Pasta Bows 1,7V
Jacket Potato with a Choice of Toppings 7,8,9
Roast Potatoes
Seasonal Vegetables

Strawberry Shortbread 1
Yoghurt 7

Fish Fingers 1,8
Margherita Pizza 1,3,7,9V
Pesto Pasta 1,7V
Jacket Potato with a Choice of Toppings 7,8,9
Chips, Peas, Baked Beans
Crispy Oaty Bar 1,6,15,16
Yoghurt 7

WEEK 3

14th November
12th December
23rd January
27th February
27th March

Quorn Sausage & Bean Burrito 1Vg
Cauliflower & Chick Pea Curry & Rice Vg
Tomato Pasta Bows 1Vg
Jacket Potato with a Choice of Toppings 7,8,9
Potato Wedges
Seasonal Vegetables
Strawberry Cheesecake 1,7,9,15
Mr Nourish Biscuit 1

Beef Stew & Dumpling 1
Country Stew & Dumpling 1Vg
Cheese & Tomato Pasta Bake 1,7V
Jacket Potato with a Choice of Toppings 7,8,9
Seasonal Vegetables

Jam Sponge 1,9 & Custard 7
Mr Nourish Biscuit 1

Roast Gammon & Gravy
Cheese & Onion Pastry 1,7V
Tomato & Herb Shells 1Vg
Jacket Potato with a Choice of Toppings 7,8,9
Roast Potatoes
Seasonal Vegetables

Crispy Cake 7,16
Mr Nourish Biscuit 1

Chicken Pie 1
Loaded Flatbread 1,7V
Cheesy Pasta 1,7V
Jacket Potato with a Choice of Toppings 7,8,9

New Potatoes
Seasonal Vegetables

Mr Nourish Biscuit 1
Yoghurt 7

Sausages 1,6
Vegan Hot Dog 1,5Vg
Tomato Penne 1Vg
Jacket Potato with a Choice of Toppings 7,8,9

Chips, Peas, Baked Beans

Toffee Apple Flapjack 1,15
Yoghurt 7

WEEK 4

21st November
2nd January
30th January
6th March

Margherita Pizza 1,3,7,9V
Vegetable Paella Vg
Pesto Fusilli 1,7V
Jacket Potato with a Choice of Toppings 7,8,9
Potato Wedges
Seasonal Vegetables

Strawberry Whip 7
Mr Nourish Biscuit 1

Cottage Pie
Shepherdess Pie 3Vg
Tomato Bows 1Vg
Jacket Potato with a Choice of Toppings 7,8,9
Seasonal Vegetables

Banana Loaf 1,9 & Chocolate Custard 7
Mr Nourish Biscuit 1

Roast Chicken & Gravy
Meat Free Meatball Pasta 1,3Vg
Cheese Pasta 1,7V
Jacket Potato with a Choice of Toppings 7,8,9
Roast Potatoes
Seasonal Vegetables

Mr Nourish Biscuit 1
Yoghurt 7

Bolognese Shells 1
Vegetable Lasagne 1,7,9V
Tomato Pasta 1Vg
Jacket Potato with a Choice of Toppings 7,8,9
Seasonal Vegetables

Jam Puff 1,6
Yoghurt 7

Chicken Bites 1,7
Bruschetta 1,7V
Cheese Penne 1,7V
Jacket Potato with a Choice of Toppings 7,8,9

Chips, Peas, Baked Beans

Chocolate Cookie 1,15
Yoghurt 7

Dishes marked with the following number contain the matching allergen
1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celery/Celeryiac 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten
Key: Vg Vegan, V Vegetarian

Also Offered Daily: Selection of Salads 9, Homemade Bread 1,3,7,9, Fruit Pots, Jelly and Milk

