

# WEEK 1

W/C: 30/10, 20/11, 11/12, 15/01, 04/02, 04/03, 25/03

AUTUMN/WINTER 2023

HOT SPECIALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Cheese & Tomato Pizza** 🌱 🌾  
served with pasta salad

**Classic Beef Burger**  
Served with Potato Wedges

**Chicken, Vegetable and Mash Pie** 🍷  
Served with Gravy

**Beef Bolognese** 🌾 🍷  
Served with Wholewheat Pasta and Garlic  
and Herb Bread

**Breaded Fish Fingers**  
Served with Chips

**Stir Fried Vegetable Rice** 🌱 🌾 🍷

**Vegetarian Burger** 🌱  
Served with Potato Wedges

**Sweet Potato Chickpea Roast** 🌱 🍷  
Served with Roast Potatoes and Gravy

**Vegetarian Bolognese** 🌱 🌾 🍷  
Served with Wholewheat Pasta and Garlic  
and Herb Bread

**Crispy Quorn Nuggets** 🌱  
Served with Chips

**Jacket Potato** 🌱  
with Baked Beans

**Tomato Pasta** 🌱  
with home made tomato & basil sauce

**Jacket Potato**  
with Tuna Mayo

**Jacket Potato** 🌱  
with Grated Cheese

**Jacket Potato**  
served with Salmon Mayo

All main meals are served with two vegetables

DESSERT

**Chocolate Sponge with Chocolate  
Custard**

**Raspberry Yoghurt Cake with Fruit** 🍏

**Carrot, Orange and Sultana Slice** 🍏

**Original Flapjack**

**Vanilla Ice Cream**

**AVAILABLE EVERY DAY**

Water, salad, freshly baked bread,  
yoghurt & fresh fruit

🌱 Vegetarian 🐟 Oily Fish 🌾 Wholegrain

🍏 Fruity! 🍷 Nutritionist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

# WEEK 2

W/C: 06/11, 27/11, 18/12, 22/01, 19/02, 11/03

AUTUMN/WINTER 2023

## HOT SPECIALS

### MONDAY

**Cheese & Tomato Pizza**    
served with pasta salad

**Red Lentil Dhal**     
Served with Wholegrain Rice

**Tomato Pasta**   
with home made tomato & basil sauce

### TUESDAY

**Chicken and Vegetable Tikka Masala**    
Served with Wholegrain Rice

**Macaroni Cheese** 

**Jacket Potato**  
with Tuna Mayo

### WEDNESDAY

**Roast Beef**  
Served with Roast Potatoes and Gravy

**Cheesy Leek and Carrot Crumble**   
Served with Roast Potatoes and Gravy

**Tomato Pasta**   
with home made tomato & basil sauce

### THURSDAY

**Mexican Beef Tortilla Pie**    
Served with Wholegrain Rice

**Vegetarian Sausage Pasta Bake**   
Served with Garlic and Herb Bread

**Jacket Potato**   
with Baked Beans & Cheese

### FRIDAY

**Southern Fried Chicken**  
with Chips

**Crispy Quorn Nuggets**   
Served with Chips

**Tomato Pasta**   
with home made tomato & basil sauce

All main meals are served with two vegetables

## DESSERT

**Apple Crumble with Custard** 

**Crunchy Chocolate Biscuit**

**Vanilla Sponge with Custard**



**Chocolate Shortbread with Fruit** 

**Strawberry Ice Cream**

### AVAILABLE EVERY DAY

Water, salad, freshly baked bread, yoghurt & fresh fruit

 Vegetarian  Oily Fish  Wholegrain

 Fruity!  Nutritionist's Choice

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# WEEK 3

W/C: 13/11, 04/12, 08/01, 29/01, 26/02, 18/03

AUTUMN/WINTER 2023

## HOT SPECIALS

### MONDAY

**Cheese & Tomato Pizza** 🌱 🌿  
served with pasta salad

**Chilli No Carne with Crispy Tortilla** 🌱 🌿 🍷  
Served with Wholegrain Rice

**Tomato Pasta** 🌱  
with home made tomato & basil sauce

### TUESDAY

**Pork Sausage & Mashed Potato**  
served with Gravy

**Cauliflower Macaroni Cheese** 🌱 🌿 🍷  
Served with Garlic and Herb Bread

**Jacket Potato** 🌱  
with Baked Beans

### WEDNESDAY

**Roast Turkey**  
Served with Roast Potatoes and Gravy

**Sweet Potato and Chickpea Roast** 🌱 🍷  
Served with Roast Potatoes and Gravy

**Tomato Pasta** 🌱  
with home made tomato & basil sauce

### THURSDAY

**Chicken and Vegetable Korma** 🌿 🍷  
Served with Wholegrain Rice

**Sweet and Sour Vegetables** 🌱 🌿 🍷  
Served with Wholegrain Rice

**Jacket Potato**  
served with Tuna Mayo

### FRIDAY

**Breaded Fish Fingers**  
Served with Chips

**Crispy Quorn Nuggets** 🌱  
Served with Chips

**Tomato Pasta** 🌱  
with home made tomato & basil sauce

All main meals are served with two vegetables

## DESSERT

**Magic Apple and Cinnamon Bake** 🍏

**Strawberry Jelly**

**Banana Cake** 🍌

**Pineapple Upside Down Cake with Custard**

**Strawberry Frozen Yoghurt**

### AVAILABLE EVERY DAY

Water, salad, freshly baked bread, yoghurt & fresh fruit

🌱 Vegetarian 🐟 Oily Fish 🌿 Wholegrain

🍏 Fruity! 🍷 Nutritionist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.