

Hot Meal Offer

Week.1.

Week Commencing: 2nd Nov, 23rd Nov, 14th Dec

Monday—Main Meals

Cheese & Tomato Pizza served with Potato Wedges, Sweetcorn & Green Beans (v) or Chickpea & Spinach Curry with Rice (v) or Jacket Potato with Baked Beans or Cheese (v)

Tuesday—Main Meals

Italian Meatballs in homemade tomato sauce, Pasta & Roasted Vegetables or Pasta Bake, served with Roasted Veg (v) or Jacket Potato with Baked Beans or Cheese (v)

Wednesday—Main Meals

Roast Chicken, Roast Potato, Carrots, Parsnips & Gravy or Vegan Sausage, Roast Potato, Carrots, Parsnips & Gravy (v) or Jacket Potato with Baked Beans or Cheese (v)

Thursday—Main Meals

Chicken Wrap, Rice, Broccoli and Roasted Peppers or Vegetable & Bean Moroccan Tagine, Rice, Broccoli and Roasted Peppers (v) Jacket Potato with Baked Beans or Cheese (v)

Friday—Main Meals

Oven Baked Fish, Chips & Peas or Vegetable Fajitas, Chips & Peas (v) Jacket Potato with Baked Beans or Cheese (v)

Monday—Dessert

Fruit Layer Slice
 or
 Apple

Tuesday—Dessert

Jelly with Fresh Oranges
 or
 Melon Wedge

Wednesday —Dessert

Raspberry & Coconut Flapjack
 or
 Orange Segments

Thursday—Dessert

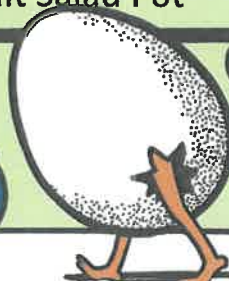
Chocolate & Pear Cake
 or
 Melon Wedge

Friday—Dessert

Ice Cream
 or
 Fruit Salad Pot

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day. Allergy information available on request.

uh oh



Hot Meal Offer

Week.2. W/C
9th Nov/30th Nov

Monday—Main Meals

Cheese & Tomato Pizza, Potato Wedges,
Roasted Peppers & Peas (v) or
Veggie Bolognese, Pasta, Peppers & Peas (v) or
Jacket Potato with Baked Beans or Cheese (v)

Monday—Dessert

Oaty Carrot Cake
or
Apple

Tuesday—Main Meals

Pork Sausage, Mash, Parsnips, Broccoli & Gravy
Veggie Sausage, Mash, Parsnips, Broccoli &
Gravy (v) or
Jacket Potato with Baked Beans or Cheese (v)

Tuesday—Dessert

Cinnamon & Apple Crumble
Pot
or
Fresh Melon

Wednesday—Main Meals

Chicken, Roast Potatoes , Mixed Vegetables &
Gravy or
Vegetable Lasagne & Mixed Vegetables (v) or
Jacket Potato with Baked Beans or Cheese (v)

Wednesday —Dessert

Chocolate Crispy Cake
or
Orange Segments

Thursday—Main Meals

Chicken Tikka Curry, Rice, Sweetcorn &
Seasonal Vegetables.
Vegetable Chilli, Rice, Sweetcorn & Seasonal
Vegetables (v) or
Jacket Potato with Baked Beans or Cheese (v)

Thursday—Dessert

Berry Fruity Jelly
or
Fresh Melon

Friday—Main Meals

Fish Fingers, Chips & Peas or
Cheese & Onion Pasty, Chips & Peas (v)
Jacket Potato with Baked Beans or Cheese (v)

Friday—Dessert

Ice Cream
or
Fruit Salad Pot

Fresh seasonal salad and bread available daily. Fresh fruit and
yoghurt available daily as an alternative to the dessert of the day.
Allergy information available on request.

uh oh



Hot Meal Offer

Week.3. W/C
 16th Nov/7th Dec

Monday—Main Meals

Cheese & Tomato Pizza served with Potato Wedges, Broccoli & Carrots (v) or
 Macaroni Cheese with Broccoli & Carrots
 Jacket Potato with Baked Beans or Cheese (v)

Tuesday—Main Meals

Beef Lasagne & Mixed Vegetables or
 Sweet Potato & Lentil Dahl with Naan (v) or
 Jacket Potato with Baked Beans or Cheese (v)

Wednesday—Main Meals

Chicken, Roast Potatoes, Roasted Root Vegetables & Gravy or
 Cheese & Potato Pie & Roasted Root Vegetables (v) or
 Jacket Potato with Baked Beans or Cheese (v)

Thursday—Main Meals

Beef Burger, Wedges, Sweet Red Onion & Sweetcorn or
 Veggie Burger, Wedges, Sweet Red Onion & Sweetcorn (v) or
 Jacket Potato with Baked Beans or Cheese (v)

Friday—Main Meals

Oven Baked Fish, Chips & Peas or
 Cheese & Tomato Pinwheel, Chips & Peas (v) or
 Jacket Potato with Baked Beans or Cheese (v)

Monday—Dessert

Fruit Flapjack
 or
 Apple

Tuesday—Dessert

Fruit Jelly Pot
 or
 Melon Wedge

Wednesday —Dessert

Tropical Fruit Sponge
 or
 Orange Segments

Thursday—Dessert

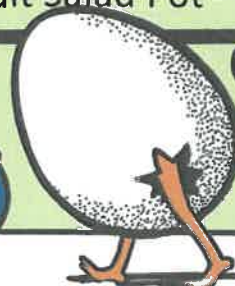
Chocolate Shortbread
 or
 Melon Wedge

Friday—Dessert

Ice Cream
 or
 Fruit Salad Pot

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day. Allergy information available on request.

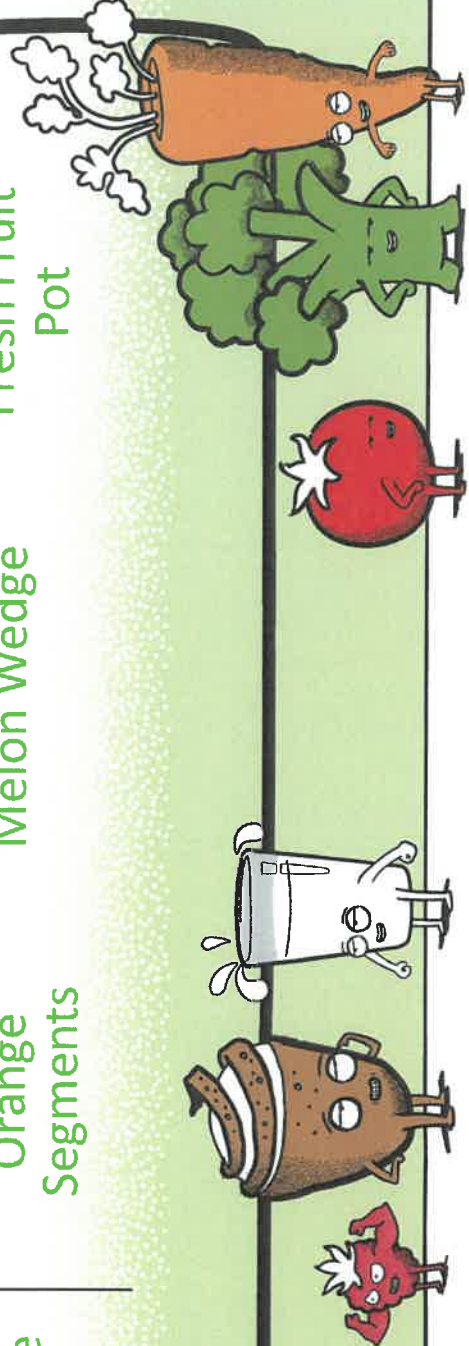
uh oh



Packed Lunch Three Week Menu Cycle
Week.1. 2nd Nov, 23rd Nov, 14th Dec.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| Filled Tortilla Choose from Cheese, Ham or Tuna | Half Baguette Choose from Cheese, Ham or Chicken | Filled Bap Choose from Cheese, Ham or Tuna | Half Baguette Choose from Cheese, Ham or Chicken | Filled Tortilla Choose from Cheese, Ham or Tuna |
| Veggie Sticks | Veggie Sticks | Veggie Sticks | Veggie Sticks | Veggie Sticks |
| Cheese & Crackers | Tomato & Basil Pasta | Cheese & Crackers | Tuna & Sweetcorn Pasta | Cheese & Crackers |
| Fruit Layer Slice | Jelly with Fresh Orange | Raspberry & Coconut Flapjack | Chocolate & Pear Cake | Ice Cream |
| Apple | Melon Wedge | Orange Segments | Melon Wedge | Fresh Fruit Pot |

Allergen information available on request

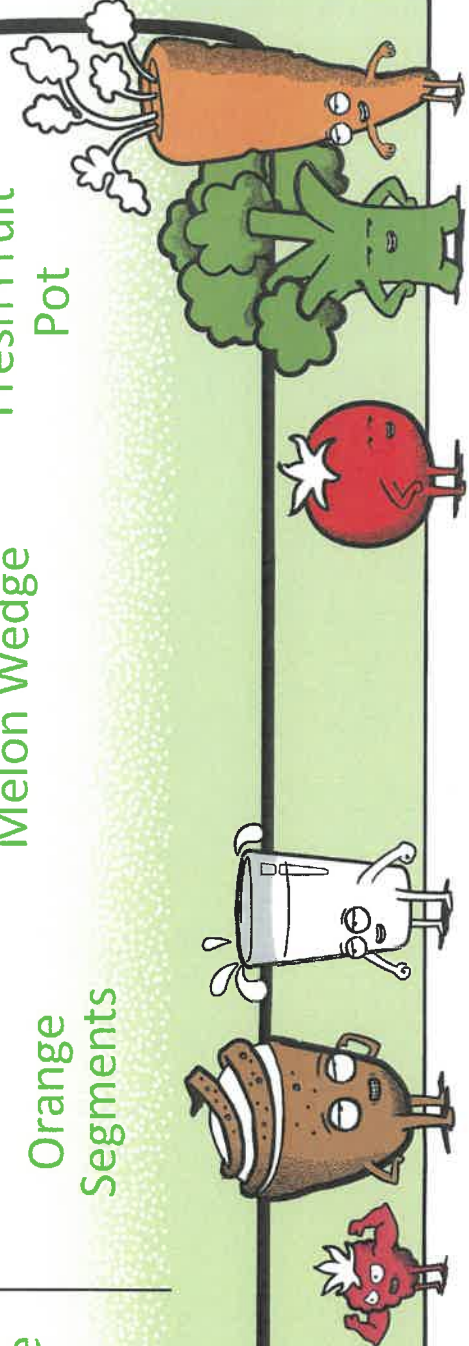


Packed Lunch Three Week Menu Cycle

Week.2. 9th Nov, 30th Nov.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| Filled Tortilla Choose from Cheese, Ham or Tuna | Half Baguette Choose from Cheese, Ham or Chicken | Filled Bag Choose from Cheese, Ham or Tuna | Half Baguette Choose from Cheese, Ham or Chicken | Filled Tortilla Choose from Cheese, Ham or Tuna |
| Veggie Sticks | Veggie Sticks | Veggie Sticks | Veggie Sticks | Veggie Sticks |
| Cheese & Crackers | Tomato & Basil Pasta | Cheese & Crackers | Tuna & Sweetcorn Pasta | Cheese & Crackers |
| Oaty Carrot Cake | Cinnamon, Apple & Crumple Pot | Chocolate Crispy Cake | Berry Fruity Jelly | Ice Cream |
| Apple | Melon Wedge | Orange Segments | Melon Wedge | Fresh Fruit Pot |

Allergen information available on request



Packed Lunch Three Week Menu Cycle

Week.3. 16th Nov, 7th Dec

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| Filled Tortilla Choose from Cheese, Ham or Tuna | Half Baguette Choose from Cheese, Ham or Chicken | Filled Bap Choose from Cheese, Ham or Tuna | Half Baguette Choose from Cheese, Ham or Chicken | Filled Tortilla Choose from Cheese, Ham or Tuna |
| Veggie Sticks | Veggie Sticks | Veggie Sticks | Veggie Sticks | Veggie Sticks |
| Cheese & Crackers | Tomato & Basil Pasta | Cheese & Crackers | Tuna & Sweetcorn Pasta | Cheese & Crackers |
| Fruit Flapjack | Fruit Jelly | Tropical Fruit Sponge | Chocolate Shortbread | Ice Cream |
| Apple | Melon Wedge | Orange Segments | Melon Wedge | Fresh Fruit Pot |

Allergen information available on request

