



**Week 1 commencing:** 1st September, 28th September, 2nd November, 7th December

	<b>Mediterranean Mondays</b>	<b>Traditional Tuesdays</b>	<b>World Wednesdays</b>	<b>Food for Thought Thursday</b>	<b>Friday Favourites</b>
<b>Main Meal meat</b>	<i>Mediterranean chicken pasta</i>	<i>Cheese and ham quesadilla with wedges and salad</i>	<i>Sticky Vietnamese chicken noodles served with sweetcorn cobs</i>	<i>Chicken and Sweet potato curry served with rice, Naan &amp; chutney</i>	<i>Fish finger wrap served with diced potatoes, lemon wedges &amp; peas</i>
<b>Main meal veggie</b>	<i>Tomato Ragu pasta pot</i>	<i>Cheese and onion quesadilla with wedges and salad</i>	<i>Vegetable noodles with beansprouts and sweet corn cobs</i>	<i>Chick pea and sweet potato curry with rice Naan &amp; chutney</i>	<i>Veggie quarter pounder served with diced potatoes, Peas or Salad</i>
<b>Jackets</b>	<i>Tuna mayo, beans, cheese</i>	<i>Tuna mayo, beans, cheese</i>	<i>Tuna mayo, beans, cheese</i>	<i>Tuna mayo, beans, beans</i>	<i>Jacket potato</i>
<b>Boxed Salads</b>	<i>Chicken Caesar salad</i>	<i>Mixed leaf roast chicken salad</i>	<i>Tuna &amp; sweetcorn pasta salad</i>	<i>Greek pesto salad</i>	<i>Chefs Salad</i>
<b>Dessert</b>	<i>50% Fruity jelly</i>	<i>Lemon drizzle cake</i>	<i>Forest fruit pot</i>	<i>Chocolate mousse</i>	<i>Fruity pot</i>

*Freshly baked bread, fruit pots, yoghurts and salad boxes available daily.*

**Our menu provides a variety of dishes made from quality ingredients, cooked onsite for the optimum taste experience.**



**Week 2 commencing:** 7<sup>th</sup> September, 5<sup>th</sup> October, 9<sup>th</sup> November, 14<sup>th</sup> December

	<b>Mediterranean Mondays</b>	<b>Traditional Tuesdays</b>	<b>World Wednesdays</b>	<b>Food for Thought Thursday</b>	<b>Friday Favourites</b>
<b>Main Meal</b>	<i>Spaghetti bolognaise served with homemade herby bread, salad or vegetables</i>	<i>Pork or Chicken &amp; Beef sausage with mash and peas</i>	<i>Oriental chicken &amp; vegetable noodle Stir Fry</i>	<i>Tandoori chicken wrap served with baked potato wedges, salad &amp; mint yoghurt</i>	<i>Chicken Burger served with diced potatoes, Peas or Salad</i>
<b>Veggie main meal</b>	<i>Herby tomato pasta with Salad</i>	<i>Veggie sausage mash and peas</i>	<i>Sweet chilli veg noodles</i>	<i>Roasted vegetable wrap served with wedges and salad</i>	<i>Vegan sausage roll served with diced potatoes, Peas or Salad</i>
<b>Jackets</b>	<i>Tuna mayo, beans, cheese</i>	<i>Tuna mayo, beans, cheese</i>	<i>Tuna mayo, cheese beans</i>	<i>Tuna mayo, beans, cheese</i>	<i>Tuna mayo, cheese, beans</i>
<b>Boxed Salads</b>	<i>Chicken Caesar Pasta Salad</i>	<i>Greek pesto Salad</i>	<i>Tuna &amp; sweetcorn pasta salad</i>	<i>Sweet chilli chicken noodle Pot</i>	<i>Leaf salad bowl ,pasta boxed salads</i>
<b>Dessert</b>	<i>Carrot Cake</i>	<i>Fruits of the Forest Jelly</i>	<i>Banana Cake</i>	<i>Strawberry mousse</i>	<i>fruity pots</i>

**A selection of sandwiches, baguettes and jacket potatoes with a choice of fillings are offered daily in addition to the main meals.**

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**Week 3 commencing:** 14<sup>th</sup> September, 12<sup>th</sup> October, 16<sup>th</sup> November

	<b>Mediterranean Mondays</b>	<b>Traditional Tuesdays</b>	<b>World Wednesdays</b>	<b>Food for Thought Thursday</b>	<b>Friday Favourites</b>
<b>Main Meal meat</b>	<i>Macaroni cheese and ham served with homemade herby bread &amp; salad</i>	<i>Bbq chicken wrap with rice and salad</i>	<i>Beef lasagne served with home baked bread, salad or green beans</i>	<i>Beef Chilli Con Carne served with rice and Homemade Tortilla Chips &amp; Salad</i>	<i>Fish of the Day served with diced potatoes, Peas or Salad</i>
<b>Main meal veg</b>	<i>Macaroni cheese with homemade bread and salad</i>	<i>Roasted sweet potato and pepper wrap served with rice and salad</i>	<i>Vegetable lasagne served with home baked bread and green beans</i>	<i>Quorn mince chilli and rice, tortilla chips and salad</i>	<i>Veggie bean burger with diced potatoes, peas or salad</i>
<b>Jackets</b>	<i>Tuna mayo, beans, cheese</i>	<i>Tuna mayo, cheese , beans</i>	<i>Tuna mayo, cheese, beans</i>	<i>Tuna mayo, beans, cheese</i>	<i>Tuna mayo, cheese, beans</i>
<b>Boxed Salads</b>	<i>Tuna &amp; Sweetcorn Pasta Pot</i>	<i>Feta &amp; Olive Mixed Leaf Salad</i>	<i>Sweet Chilli Vegetable Noodles</i>	<i>Chicken Caesar Salad</i>	<i>Leaf salad bowl ,pasta boxed salads</i>
<b>Dessert</b>	<i>50% Raspberry Jelly</i>	<i>Apple and cinnamon cake</i>	<i>Strawberry mousse</i>	<i>Chocolate cake</i>	<i>Fruity pot</i>

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**Week 4 commencing:** 21<sup>st</sup> September, 19<sup>th</sup> October, 23<sup>rd</sup> November

	<b>Mediterranean Mondays</b>	<b>Traditional Tuesdays</b>	<b>World Wednesdays</b>	<b>Food for Thought Thursday</b>	<b>Friday Favourites</b>
<b>Main Meal</b>	Tomato and basil tuna pasta pot served with homemade bread and salad	Roast chicken and herb wrap served with baked wedges and sweetcorn	Oriental turkey & soy Vegetable Noodle Stir Fry	Chicken tikka in a folded Naan with mint yoghurt, rice and peas	Beef burger in a bun served with diced potatoes, coleslaw or salad
<b>Food to Go</b>	Roasted vegetable pasta pot served with homemade bread & salad	Quorn tikka folded Naan with mint yoghurt, baked wedges and salad	Stir fried Quorn with oriental veg and rice	Hoi sin stir fried veg noodles	Fish finger wrap served with Salad
<b>Jackets</b>	Tuna mayo, cheese, beans	Tuna mayo, cheese, beans	Tuna mayo, cheese, beans	Tuna mayo, cheese or beans	Veggie sausage hotdog
<b>Boxed Salads</b>	Tuna & sweetcorn pasta pot	Feta & olive mixed leaf Salad	Cajun chicken and pepper pasta pot	Sweet chilli roasted veg pasta pot	Chefs Salad
<b>Dessert</b>	Peach mousse	Lemon sponge cake	Chocolate cookie pot	Forest fruit cheesecake	Fruity pot

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