

# Menu week 1

Week starting: 31 Aug | 21 Sept | 12 Oct | 9 Nov  
30 Nov | 4 Jan | 25 Jan | 22 Feb | 14 Mar

MONDAY

- ✓ Mediterranean pasta bake with garlic bread and vegetable medley
- ✓ Quorn korma with wholegrain rice and sweetcorn
- ✓ Glazed marmalade cake

TUESDAY

- Cumberland pork sausages with BBQ sauce, mashed potato and broccoli florets
- ✓ Boston bean filled jacket potato with sliced carrots
- ✓ Autumn fruit crumble and custard\*

WEDNESDAY

- Roast British chicken with stuffing, roast potatoes, carrot and swede and gravy
- ✓ Country bake with roast potatoes and cabbage
- ✓ Fresh fruit salad with vanilla crème fraiche

THURSDAY

- Beef bolognese bake with herby bread and sweetcorn
- ✓ Cauliflower and broccoli cheese with 1/2 jacket potato and green beans
- ✓ Ginger cookie

FRIDAY

- Crispy coated pollock with oven chips and baked beans
- ✓ Quorn lattice slice with oven chips and garden peas
- ✓ Chocolate sponge with chocolate sauce



All of our Pork, Beef, Chicken, Potato and Cheese has been certified under the Red Tractor Scheme, as a sign of quality food you can trust.

# Menu week 2

Week starting: 7 Sept | 28 Sept | 19 Oct | 16 Nov  
7 Dec | 11 Jan | 1 Feb | 29 Feb | 21 Mar

MONDAY

- ✓ Homemade confetti pizza with potato salad and garden peas
- ✓ Potato topped Quorn cowboy casserole and vegetable medley
- ✓ Oaty apple crumble and vanilla sauce\*

TUESDAY

- Sweet and sour chicken with wholegrain rice and green beans
- ✓ Homemade cheese and onion pie with sweet potato mash and sweetcorn
- ✓ Carrot cake

WEDNESDAY

- Roast British pork with apple sauce, roast potatoes and seasonal greens
- Quorn fillet with roast potatoes, seasonal greens and gravy
- ✓ New Forest dairy ice cream

THURSDAY

- Organic beef burger served in a bun with potato wedges and grated carrot salad
- ✓ Bean burger served in a bun with potato wedges and sweetcorn
- ✓ Cherry sponge tray bake and custard

FRIDAY

- Salt and vinegar infused pollock goujons with crispy herb potatoes and baked beans
- ✓ Lentil lasagne with homemade bread and broccoli florets
- ✓ Chocolate mousse and mandarin oranges\*

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

MSC-C-50236

# Menu week 3

Week starting: 14 Sept | 5 Oct | 2 Nov  
23 Nov | 14 Dec | 18 Jan | 8 Feb | 7 Mar

MONDAY

- ✓ Cheesy pasta bake with crusty bread and sliced carrots
- ✓ Bean burrito with potato wedges and peas
- ✓ Fruity flapjack

TUESDAY

- Spanish chicken with wholegrain rice and vegetable medley
- ✓ Sweet potato and cheddar cheese whirls with 1/2 jacket potato and baked beans
- ✓ Tropical fruit salad

WEDNESDAY

- Roast British beef, Yorkshire pudding, roast potatoes, cauliflower and gravy
- ✓ Vegetable and bean loaf with roast potatoes, savoy cabbage and gravy
- ✓ Fruit yoghurt selection

THURSDAY

- Organic pork meatballs in gravy with noodles and broccoli florets
- ✓ Quorn cottage pie with mashed potato and carrot baton
- ✓ Banana cake with vanilla sauce

FRIDAY

- Salmon fish fingers, country style potatoes and garden peas
- ✓ Mushroom ravioli in a tomato sauce, garlic bread and sweetcorn
- ✓ Coconut rice pudding with sliced peaches\*

✓ - Suitable for vegetarian.

\* Desserts highlighted with an asterisk contain the minimum of 50% fruit. Fruit or yoghurt is available daily as an alternative to the advertised pudding. Meals may not be served on the days published above.