

# WEEK one

# WEEK two

# WEEK three



Autumn & Winter

Menu - October 2022 - April 2023

## Monday

**choose a main meal:**  
 Pizza Monday!  
 Cheese and Tomato Pizza (V)  
 Or  
 Vegetable Quesadilla (V) Or   
 Or  
 Roasted Vegetable Pasta Bake (V) Or   
 Jacket Potato with choice of topping

**on the side:**  
 Potato Wedges  
 Baked Beans  
 Sweetcorn  
 Fresh Carrot Baltons

**for dessert:**  
 Choice of: Homemade Iced Sponge, Cheese & Crackers, Fresh Fruit or Yoghurt

## Tuesday

**choose a main meal:**  
 Homemade Chicken Curry & Rice   
 Or  
 Cheese and Broccoli Quiche (V)  
 Served with Sliced oven baked Potatoes.  
 Or  
 Chicken Style Quorn Burrito (V) Or   
 Jacket Potato with choice of topping

**on the side:**  
 Green Beans  
 Sweetcorn  
 Homemade Coleislaw

**for dessert:**  
 Choice of: Chadwick's Kitchen Fruity Flapjack, Cheese & Crackers, Fresh Fruit or Yoghurt

## Wednesday

**choose a main meal:**  
 Roast of the day, served with Roast Potato, Yorkshire Pudding and Gravy   
 Or  
 Stuffed Peppers (V)   
 Or  
 Macaroni Cheese (V) Or   
 Jacket Potato with a choice of topping

**on the side:**  
 Mashed Swede & Carrot Parsnips  
 Garlic Slice

**for dessert:**  
 Choice of: Apple Sponge and Custard, Cheese & Crackers, Fresh Fruit or Yoghurt

## Thursday

**choose a main meal:**  
 Homemade Mince Beef Pie with Mashed Potato   
 Or  
 Quorn Sausages with Mashed Potato (V)  
 Or  
 Chicken and Tomato Pasta Or   
 Jacket Potato with a choice of topping

**on the side:**  
 Broccoli  
 Cabbage  
 Homemade Bread

**for dessert:**  
 Choice of: Mrs Vickers homemade Jammie Dodgers, Cheese & Crackers, Fresh Fruit or Yoghurt

## Friday

**choose a main meal:**  
 Fish in breadcrumbs  
 Served with Chips  
 Or  
 Chinese Egg Fried Rice (V) & Curry Sauce  
 Or  
 Jacket Potato with a choice of topping   
 Fruit or Yoghurt

**on the side:**  
 Peas  
 Baked Beans

**for dessert:**  
 Choice of: Chocolate Crispe Cake, Cheese & Crackers, Fresh Fruit or Yoghurt

**choose a main meal:**  
 Pizza Monday!  
 Cheese & Tomato Pizza (V)  
 Or  
 Spaghatti with Tomato Sauce (V) Or   
 Vegetarian Lasagne (V)  
 Or  
 Jacket Potato with a choice of topping

**on the side:**  
 Peas  
 Corn on the Cob  
 Potato Wedges

**for dessert:**  
 Choice Of: Chocolate Brownie Surprise, Cheese & Crackers, Fresh Fruit or Yoghurt

**choose a main meal:**  
 Sausage & Baked Bean Casserole topped with Mashed Potato   
 Or  
 BBO Chicken Wrap   
 Or  
 Quorn Curry (V) Or   
 Jacket Potato with a choice of topping

**on the side:**  
 Wholemeal Rice  
 Broccoli  
 Swede

**for dessert:**  
 Choice of: Cheesecake with Mandarin Oranges, Cheese & Crackers, Fresh Fruit or Yoghurt

**choose a main meal:**  
 Roast of the day, served with Roast Potato, Yorkshire Pudding and Gravy   
 Or  
 Quorn Roast (V)  
 Or  
 Ham Pasta Carbonara Or   
 Jacket Potato with a choice of topping

**on the side:**  
 Carrots  
 Cauliflower Cheese  
 Homemade Bread

**for dessert:**  
 Choice of: Apple & Banana Cake & Custard, Cheese & Crackers, Fresh Fruit or Yoghurt

**choose a main meal:**  
 Mince & Dumplings with Creamy Potato  
 Or  
 Mrs Morton's Sticky Honey Chicken & Spaghetti   
 Or  
 Tomato & Basil Pasta (V) Or   
 Jacket Potato with a choice of topping

**on the side:**  
 Cabbage  
 Peas  
 Diced roasted Sweet Potato

**for dessert:**  
 Choice of: Winter Fruit Sponge & Custard, Cheese & Crackers, Fresh Fruit or Yoghurt

**choose a main meal:**  
 Jumbo Fish Fingers and Chips  
 Or  
 Salmon Pasta   
 Or  
 Quorn no meat-ball Sub (V)  
 Or  
 Jacket Potato with a choice of topping   
 Fresh Fruit or Yoghurt

**on the side:**  
 Peas  
 Baked Beans

**for dessert:**  
 Choice of: Mr Mc Nally's Viennese Whirl, Cheese & Crackers, Fresh Fruit or Yoghurt

**choose a main meal:**  
 Pizza Monday!  
 Cheese & Tomato Pizza (V)  
 Or  
 Vegetable Quesadilla (V) Or   
 Crunchy Topped Tomato Pasta Bake (V)  
 Or  
 Jacket Potato with choice of topping

**on the side:**  
 Broccoli  
 Sweetcorn  
 Diced Potatoes  
 Garlic Bread

**for dessert:**  
 Choice of: Apple Comflake Crunch, Cheese & Crackers, Fresh Fruit or Yoghurt

**choose a main meal:**  
 All Day/Breakfast:  
 Sausage or Quorn Sausage (V), Bacon  
 Scrambled Egg, Beans, Tomato, Hash  
 Brown and Toast  
 Or  
 Cheese & Tomato Tagliatelle (V) Or   
 Jacket Potato with choice of topping

**on the side:**  
 Broccoli  
 Carrot Baltons  
 Mixed Pepper Strips

**for dessert:**  
 Choice of: Rice Pudding with Apricot Compote, Cheese & Crackers, Fresh Fruit or Yoghurt

**choose a main meal:**  
 Roast of the day, served with Roast Potato, Yorkshire Pudding and Gravy   
 Or  
 Quorn Sausages (V)  
 Or  
 Chicken & Tomato Pasta Or   
 Jacket Potato with a choice of topping

**on the side:**  
 Carrots  
 Sprouts

**for dessert:**  
 Choice of: Sticky Toffee Pudding & Custard, Cheese & Crackers, Fresh Fruit or Yoghurt

**choose a main meal:**  
 Mrs Vickers Spanish Chicken with Rice   
 Or  
 Beef Spaghetti Bolognese  
 Or  
 Mac n Cheese (V)  
 Or  
 Jacket Potato with a choice of topping

**on the side:**  
 Cauliflower  
 Green Beans  
 Roasted Veg Cous Cous

**for dessert:**  
 Choice of: Mr Parkin's Sticky Ginger Parkin, Cheese & Crackers, Fresh Fruit or Yoghurt

**choose a main meal:**  
 Fish Fingers  
 Served with Chips  
 Or  
 Assorted Panini's  
 Served with Chips  
 Or  
 Jacket Potato with a choice of topping   
 Fresh Fruit or Yoghurt

**on the side:**  
 Peas  
 Baked Beans

**for dessert:**  
 Choice of: Banana Muffin, Cheese & crackers, Fresh Fruit or Yoghurt

fresh water available everyday

Healthy option on the day  
  
 Least food miles travelled

fresh salad available everyday

