

-WEEK1-

WEEK COMMENCING: 29/10/18, 19/11/18, 10/12/18, 04/01/19, 04/02/19, 04/03/19, 25/03/19

VEGAN MONDAY

Vegan Friendly Spaghetti Bolognese with Garlic & Herb Focaccia
 or Mild Spiced Red Vegetable Chili with Steamed Rice
or served with Seasonal Salad
 or Jacket Potato with Baked Beans
 or Melon Monday



TUESDAY

BBQ Chicken Drumsticks
 or Stir fry of Crispy Vegetables
or served with Crispy Seaweed / Rice
 or Potato Skins loaded with Cheese and Chives
 or Dessert
 Mandarin Orange Cheesecake

WEDNESDAY

Roasted Turkey Breast with Grov
 or Winter Root Vegetable Loaf
or served with Crispy Roast Potatoes / Selection of Seasonal Vegetables
 or Red Pepper with Pasta Spirals
 or Dessert
 Seasonal Fruit Salad

THURSDAY

Bangers & Mash (Choice of Pork or Chicken Sausages)
 or Seasoned Vegan Sausage
or served with Fluffy Mashed Potato / Baked Beans
 or Creamy Vegetable Carbonara with Spaghetti
 or Dessert
 Peach Melba

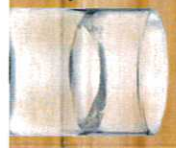
FRIDAY

MSC Crispy Seaside Battered Fish
 or Hand Crimped Cheese & Onion Pastry
or served with Oven Baked Chunky Chips / Garden Peas
 or Rich Pomodoro Sauce with Penne Pasta
 or Dessert
 Shortbread Biscuit with Vanilla Ice Cream



UNLIMITED SALAD
 BAR EVERY DAY.

FRESH DRINKING WATER
 AVAILABLE EVERY DAY



-WEEK2-

WEEK COMMENCING: 05/11/18, 26/11/18, 17/12/18, 21/01/19, 11/03/19, 01/04/19

MONDAY

Tomato & Cheese Pizza, Oven Baked Jacket Wedges, Garden Peas & Sweetcorn
 or Fragrant Sweet Potato, Spinach & Chick Pea Curry, Naan Bread & Wholegrain Rice
 or Jacket Potato with Baked Beans
 or Dessert
 Fresh Fruit Salad with Vanilla Ice Cream

TUESDAY

Roast of the Day (Choice of Pork Steak or Chicken Drumstick)
 Homemade Apple Sauce & Grov
 or Cheddar Cheese Spring Onion & Tomato Tart
or served with Crispy Roast Potatoes / Selection of Seasonal Vegetables
 or Arrabiata Sauce with Pasta Spirals
 or Dessert
 Melon or Pineapple

WEDNESDAY

Traditional Organic Beef Lasagne
 or Rice & Vegetable Bake
or served with Herby Focaccia Bread / Selection of Mixed Leaves
 or Basil & Lemon Pesto with Penne Pasta
 or Dessert
 James & The Giant Peach Jelly

THURSDAY

Hot & Sticky Peri Peri Chicken
 or Spiced Mixed Bean & Sweet Pepper Wrap
or served with Mexican Rice / Sweetcorn
 or Marinara Sauce with Short Spaghetti
 or Dessert
 Apple Crumble

FRIDAY

MSC Crumbed Fish Fingers & Thumbs
 or Red Lentil & Root Vegetable 'Sausage Roll'
or served with Oven Baked Chunky Chips / Garden Peas
 or Dessert
 Marble Sponge with Vanilla Custard



FRESH FRUIT AND ORGANIC
 YOGHURT AVAILABLE
 EVERY DAY.

All milk &
 yoghurt
 is Organic

-WEEK3-

WEEK COMMENCING: 12/11/18, 03/12/18, 01/01/19, 28/01/19, 25/02/19, 18/03/19

MONDAY

Cheesy Leeky Pasta with Garlic & Oregano Focaccia
 or Lightly Spiced Vegetable Dhansak
or served with Strips of Naan Bread & Steamed Rice / Mixed Leaf Salad
 or Jacket Potato & Cheddar Cheese
 or Dessert
 Blueberry Muffin Tray Bake

GLUTEN FREE TUESDAY

Roast Chicken Drumstick & Grov
 or New Potato, Garden Pea & Tomato Frittata
or served with Crispy Roast Potatoes / Selection of Seasonal Veg
 or Jacket Potato with Baked Beans
 or Dessert
 Rice Pudding with Cinnamon Sprinkles



WEDNESDAY

Organic Minced Beef & Onion Pie
 or Vegetable Mirce & Onion Pie
or served with Fluffy Mashed Potato / Shredded Green Cabbage / Carrot Rounds
 or Rich Pomodoro Sauce with Penne Pasta
 or Dessert
 Frozen Yoghurt

THURSDAY

Aromatic Creamy Chicken Korma
 or Hand Folded Vegetable Samosa
or served with Naan Bread / Spiced Roasted Cauliflower / Fragrant Sunshine Rice
 or Tomato & Sweet Basil Sauce with Pasta Spirals
 or Dessert
 Oaty Apple & Winter Berry Crumble with Ice Cream

FRIDAY

MSC "Hubble Bubble" Fish Bites
 or MSC Red Salmon and Parsley Fishcocke
or Individual Winter Vegetable Tarts
or served with Oven Baked Chunky Chips / Garden Peas
 or Dessert
 Rich Cocoa Sponge with Custard

BREAD
 AVAILABLE EVERY DAY.

Proud to work with
 UK SUPPLIERS



Meat Free Option