



# WEEK 1

W/C: 30/10, 20/11, 11/12, 01/01, 12/02, 25/03, 15/04, 06/05

**AUTUMN/WINTER 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<b>Cheese and Tomato Pizza</b> ♻️ Served with Potato Wedges	<b>Classic Beef Burger</b> Served with Potato Wedges	<b>Roast Chicken</b> Served with Roast Potatoes and Gravy	<b>Beef Bolognese</b> ♻️ Served with Wholewheat Pasta and Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
	<b>Stir Fried Vegetable Rice</b> ♻️ Served with Potato Wedges	<b>Vegetarian Burger</b> ♻️ Served with Potato Wedges	<b>Vegetable Pastry Roll</b> ♻️ Served with Mashed Potato and Gravy	<b>Vegetarian Bolognese</b> ♻️ Served with Wholewheat Pasta and Garlic and Herb Bread	<b>Crispy Quorn Nuggets</b> ♻️ Served with Chips
JACKET POTATO	<b>Jacket Potatoes</b> ♻️ with a choice of hot and cold fillings	<b>Jacket Potatoes</b> ♻️ with a choice of hot and cold fillings, including Salmon Mayonnaise 🐟	<b>Jacket Potatoes</b> ♻️ with a choice of hot and cold fillings	<b>Jacket Potatoes</b> ♻️ with a choice of hot and cold fillings	<b>Jacket Potatoes</b> ♻️ with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta ♻️					
All main meals are served with two vegetables					
DESSERT	<b>Beetroot Brownie</b>	<b>Crispy Crackle Bar with Fruit</b> 🍏	<b>Carrot, Orange and Sultana Slice</b>	<b>Original Flapjack</b>	<b>Vanilla Ice Cream</b>

**AVAILABLE EVERY DAY**  
Water, salad, freshly baked bread, yoghurt & fresh fruit

♻️ Vegetarian 🐟 Oily Fish 🌾 Wholegrain  
🍏 Fruity! ❤️ Nutritionist's Choice

be assured that all notified medical diets and allergy requirements will be safely catered for.

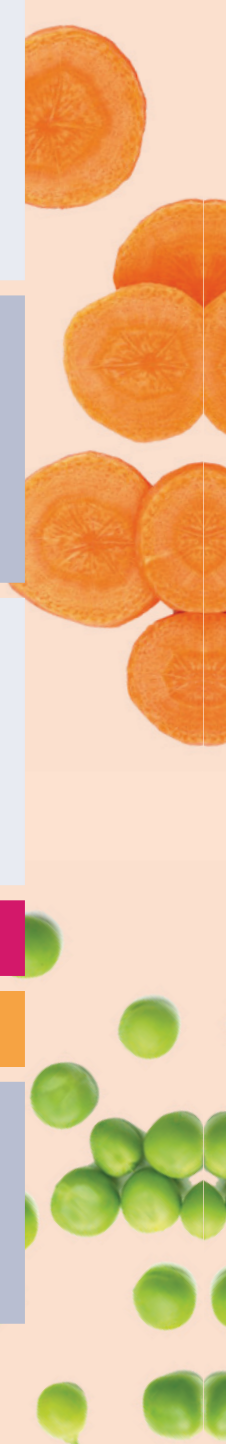


# WEEK 2

W/C: 06/11, 27/11, 18/12, 29/01, 19/02, 11/03, 01/04, 22/04, 13/05

**AUTUMN/WINTER 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<b>Cheese and Tomato Pizza</b> Served with Potato Wedges	<b>Sweet and Sour Chicken</b> Served with Wholegrain Rice	<b>Roast Beef</b> Served with Roast Potatoes and Gravy	<b>Sausage Pasta Bake</b> Served with Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
	<b>Vegetarian Cottage Pie</b> Served with Gravy	<b>Macaroni Cheese</b>	<b>Cheesy Leek and Carrot Crumble</b> Served with Roast Potatoes and Gravy	<b>Vegetarian Sausage Pasta Bake</b> Served with Garlic and Herb Bread	<b>Crispy Quorn Nuggets</b> Served with Chips
JACKET POTATO	<b>Jacket Potatoes</b> with a choice of hot and cold fillings	<b>Jacket Potatoes</b> with a choice of hot and cold fillings	<b>Jacket Potatoes</b> with a choice of hot and cold fillings	<b>Jacket Potatoes</b> with a choice of hot and cold fillings	<b>Jacket Potatoes</b> with a choice of hot and cold fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta					
All main meals are served with two vegetables					
DESSERT	<b>Apple Crumble with Custard</b>	<b>Crunchy Chocolate Biscuit</b>	<b>Vanilla Sponge with Custard</b>	<b>Carrot Cake</b>	<b>Strawberry Ice Cream</b>



**AVAILABLE EVERY DAY**  
Water, salad, freshly baked bread,  
yoghurt & fresh fruit

Vegetarian Oily Fish Wholegrain  
 Fruity! Nutritionist's Choice

be assured that all notified medical diets and allergy requirements will be safely catered for.

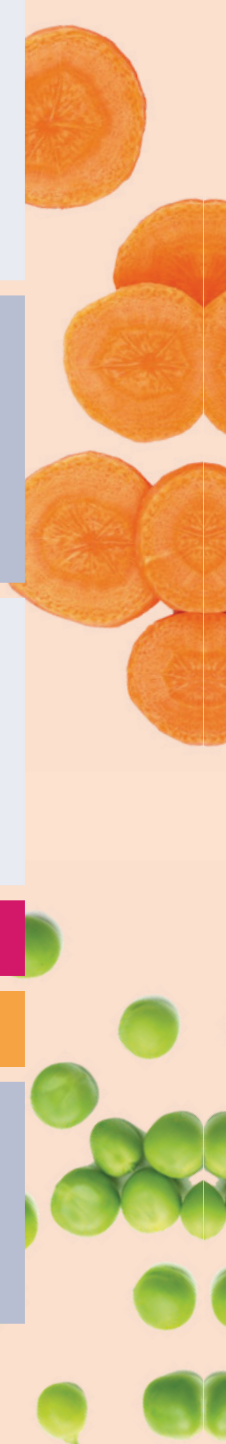


# WEEK 3

W/C: 13/11, 04/12, 25/12, 15/01, 05/02, 26/02, 18/03, 08/04, 06/05 27/05

**AUTUMN/WINTER 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<b>Cheese and Tomato Pizza</b> Served with Potato Wedges	<b>Sausage and Mash</b> Gravy	<b>Roast Turkey</b> Served with Roast Potatoes and Gravy	<b>Lamb Bolognese</b> Served with Wholewheat Pasta	<b>Breaded Fish Fingers</b> Served with Chips
	<b>Chilli No Carne with Crispy Tortilla</b> Served with Wholegrain Rice	<b>Spanish Vegetable Rice</b> 	<b>Sweet Potato and Chickpea Roast</b> Served with Roast Potatoes and Gravy	<b>Caribbean Chickpea Coconut Curry</b> Served with Wholegrain Rice	<b>Crispy Quorn Nuggets</b> Served with Chips
JACKET POTATO	<b>Jacket Potatoes</b> with a choice of hot and cold fillings	<b>Jacket Potatoes</b> with a choice of hot and cold fillings	<b>Jacket Potatoes</b> with a choice of hot and cold fillings	<b>Jacket Potatoes</b> with a choice of hot and cold fillings	<b>Jacket Potatoes</b> with a choice of hot and cold fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta 					
All main meals are served with two vegetables					
DESSERT	<b>Magic Apple and Cinnamon Bake</b>	<b>Strawberry Jelly</b>	<b>Orange Drizzle with Fruit</b>	<b>Pineapple Upside Down Cake with Custard</b>	<b>Chocolate Ice Cream with Shortbread Biscuit</b>



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Water, salad, freshly baked bread, yoghurt & fresh fruit

Vegetarian Fruity! Nutritionist's Choice Oily Fish Wholegrain

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