

# WEEK 1

# MENU

w/c - 01/11, 22/11, 13/12, 03/01,  
24/01, 21/02, 14/03



	Monday	Tuesday	Wednesday	Thursday	Friday
	WORLD FOOD DAY	STREET FOOD DAY	ORIGINALS DAY	PLANET EARTH DAY	FRIDAY FAVOURITES

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MEAT 1</b>	Sausage & Onion Gravy	Chicken & Sweetcorn Quesadilla	Roast Gammon	Macaroni Cheese	Fish Finger Bap
<b>Main 2</b>	Quorn Sausage & Gravy	Vegetable Quesadilla	Roasted Quorn Fillet & Gravy	Cheese & Bean Bake	Vegetable Plait
<b>Carbohydrates</b>	Mashed Potato Wholemeal Penne Pasta	Warm Lemon Cous-Cous or Wholemeal Penne Pasta	Roasted Potatoes or Wholemeal Penne Pasta	Braised Turmeric Rice or Wholemeal Penne Pasta	Oven Baked Chips
<b>Vegetables</b>	Broccoli Garden Peas	Garden Peas Roasted Peppers	Fresh Glazed Carrots Savoy Cabbage	Broccoli Sweetcorn Mixed Salad	Garden Peas Baked Beans Mixed Salad
<b>Desserts</b>	Chocolate Beetroot Cake Organic Yoghurts	Orange Jelly Organic Yoghurts	Autumn Fruit Crumble and Custard Organic Yoghurts	Apple Shortbread Fresh Fruit Wedges Organic Yoghurts	Mango Frozen Yoghurt Organic Yoghurts

**AVAILABLE DAILY:** Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)

**Future 80** Contains one or more of the top 80 most sustainable foods in the world!

**Vegetarian** **Vegan** **Organic**

For allergen content please speak to member of staff who will be happy to assist



# WEEK 2 MENU

w/c - 08/11, 29/11, 10/01, 31/01,  
28/02, 21/03



## Monday

WORLD FOOD DAY

Braised Beef  
Meatballs, Tomato  
Sauce

## Tuesday

PLANET EARTH DAY

Wholemeal Cheese &  
Tomato Pizza

## Wednesday

ORIGINALS DAY

Roast Chicken

## Thursday

STREET FOOD DAY

Pulled Chicken  
Burger

## Friday

FRIDAY FAVOURITES

Salmon Fish Fingers  
Or  
Handmade Sausage  
Roll

MAIN 1

Vegan Meatballs



Cauliflower and  
Chickpea Curry



Garlic Bread,  
Braised Rice or  
Wholemeal Penne  
Pasta



Braised Rice or  
Wholemeal Penne  
Pasta

Carbohydrates

Roasted Vegetables  
Mixed Salad

Vegetables

Coleslaw

Carrot & Apple  
Muffin  
Organic Yoghurts

Desserts

Mandarin Cheesecake  
Organic Yoghurts

Tomato and Sticky  
Onion Tart



Roasted Potatoes or  
Wholemeal Penne  
Pasta



Garden Peas  
Fresh Carrots and  
Diced Swede

Chinese Vegetable  
Noodles



Boiled White and  
Brown Rice or  
Penne Pasta



Broccoli Florets  
Sweetcorn

Garden Peas  
Carrots  
Baked Beans



Freshly Made  
Vanilla Cookie  
Organic Yoghurts



Bananas and Custard  
Organic Yoghurts



**AVAILABLE DAILY:** Jacket potatoes baked onsite with  
a daily choice of two toppings - Seasonal cut fruits - Mixed  
salad bar - Freshly baked breads (white or wholemeal)

**Future 50** Contains  
one or more of the top  
50 most sustainable  
foods in the world!

**Vegetarian** **Ve** **Vegan** **Vg** **Organic**  
For allergen content please speak to member  
of staff who will be happy to assist



# WEEK 3 MENU

w/c - 15/11, 6/12, 17/01, 07/02,  
07/03, 28/03



## Monday

STREET FOOD DAY

Chicken Tikka  
Pitta Pocket

Vegan Potato and  
White Bean Chilli

Braised Rice  
or  
Wholemeal Penne  
Pasta

Green Beans  
Half Corn Cob

Lemon Curd  
Cake  
Organic Yoghurts

## Tuesday

WORLD FOOD DAY

Freshly Made Burger  
in a Bun

Southern Baked  
Quorn Burger, Bun &  
Salad

Half Jacket Potato  
or  
Wholemeal Penne  
Pasta

Roasted Sweetcorn  
Broccoli Florets

Raspberry Jelly   
Organic Yoghurts

## Wednesday

ORIGINALS DAY

Roast Beef

Vegan Shepherdess  
Pie

Roast Potatoes or  
Penne Pasta

Roasted Carrots  
Roasted Parsnips

Chocolate Bread &  
Butter Pudding  
Organic Yoghurts

## Thursday

PLANET EARTH DAY

Cauliflower &  
Broccoli Crunchy   
Cheese Bake

Roasted Vegetable  
Wholemeal Pasta  
Bake

Garlic and Parsley  
Bread or Penne  
Pasta

Roasted Peppers  
Garden Peas

Apple & Rhubarb  
Fruit Plait  
Organic Yoghurts

## Friday

FRIDAY FAVOURITES

Oven Baked Fish  
Fingers

Quorn Dippers and  
Tomato Salsa

Oven Baked Chips

Garden Peas  
Baked Beans

Oatey Raspberry  
Flapjack  
Organic Yoghurts

MAIN 1

MAIN 2

Carbohydrates

Vegetables

Desserts

**AVAILABLE DAILY:** Jacket potatoes baked onsite with  
a daily choice of two toppings - Seasonal cut fruits - Mixed  
salad bar - Freshly baked breads (white or wholemeal)

**Future 80** Contains  
one or more of the top  
80 most sustainable  
foods in the world!

**Vegan** **Vegetarian** **Organic**  
For allergen content please speak to member  
of staff who will be happy to assist.

