

MONDAY

Cheese Omelette(v)
Hash Browns • Baked Beans
.....
Quorn Bolognese (v)
Crusty Bread • Garden Peas
.....
Egg & Cress Baguette
.....
Filled Jacket Potato
Choice of Cheese or
Baked Beans (v) with Salad
.....
Fresh Fruit or Yoghurt

TUESDAY

Chicken Korma
Fluffy Rice • Green Beans
.....
Quorn Mince Pie (v)
Creamed Potatoes • Turnip
.....
Cheese Savoury Sandwich
.....
Filled Jacket Potato • Choice of
Cheese, Baked Beans (v)
or Tuna with Salad
.....
Shortbread & Custard

WEDNESDAY

Cheese & Tomato Pizza
Potato Wedges • Crunchy Coleslaw
.....
Vegetable Fingers (v)
Potato Wedges • Wholewheat Hoops
.....
Ham Wrap
.....
Filled Jacket Potato Choice of Cheese,
Baked Beans (v) or Tuna with Salad
.....
Strawberry Mousse

THURSDAY

Roast Turkey • Sage & Onion Stuffing
Creamed Potatoes • Carrots
.....
Pasta Pomodoro (v)
Crusty Bread • Broccoli
.....
Tuna Sandwich
.....
Filled Jacket Potato Choice of Cheese,
Baked Beans (v) or Tuna with Salad
.....
Lemon Drizzle Cake & Custard

FRIDAY

Salmon or Cod Fish Fingers
Chips • Mushy Peas
.....
BBQ Quorn and Stir Fry Vegetables (v)
Egg Noodles
.....
Turkey Sandwich
.....
Filled Jacket Potato • Choice of Cheese,
Baked Beans (v) or Tuna with Salad
.....
Chocolate Brownie

5 September 22
26 September 22
17 October 22
14 November 22
5 December 22
9 January 23
30 January 23
27 February 23
20 March 23
24 April 23
15 May 23
12 June 23
3 July 23

WEEK 1

WEEK 1

MONDAY

Quorn Dippers(vg)
Potato Wedges • Spaghetti Hoops
.....
Quorn & Chickpea Curry (v)
Vegetable Rice
.....
Cheese Baguette
.....
Filled Jacket Potato • Choice of
Cheese or Baked Beans (v) with Salad
.....
Apple Pie & Custard

TUESDAY

Mince & Dumplings • Creamed
Potato • Cauliflower
.....
Quorn Meatballs in Tomato Sauce
with Pasta (v) • Garlic Bread
Garden Peas
.....
Turkey Sandwich
.....
Filled Jacket Potato • Choice of Cheese,
Baked Beans (v) or Tuna with Salad
.....
Fresh Fruit or Yoghurt

WEDNESDAY

Roast Chicken • Yorkshire Pudding
Mashed Potato • Cabbage
.....
Quorn Burger in Bun
Diced Potatoes • Baked Beans
.....
Tuna Wrap
.....
Filled Jacket Potato • Choice of Cheese,
Baked Beans (v) or Tuna with Salad
.....
Vanilla Cookie

THURSDAY

Pork Sausages with Gravy
Oven Roast Potatoes • Mashed Turnip
.....
Vegetarian Lasagne (v)
Crusty Bread • Green Salad
.....
Ham Sandwich
.....
Filled Jacket Potato • Choice of Cheese,
Baked Beans (v) or Tuna with Salad
.....
Sticky Orange Sponge & Custard

FRIDAY

Battered Fish • Chips
Mushy Peas
.....
Cheese and Potato Pie (v)
Chips • Coleslaw
.....
Cheese Sandwich
.....
Filled Jacket Potato • Choice of Cheese,
Baked Beans (v) or Tuna with Salad
.....
Frozen Yoghurt

12 September 22
3 October 22
31 October 22
21 November 22
12 December 22
16 January 23
6 February 23
6 March 23
27 March 23
1 May 23
22 May 23
19 June 23
10 July 23

WEEK 2

WEEK 2

MONDAY

Tomato & Mascarpone(v)
Pasta • Crusty Bread • Mixed Salad
.....
Southern Style Quorn Fillet (v)
Seasoned Wedges • Beans
.....
Egg Mayo Sandwich
.....
Filled Jacket Potato • Choice of
Cheese or Baked Beans (v) with Salad
.....
Chocolate Cookie

TUESDAY

Chicken Jalfrezi • Fluffy Rice
Apple & Cucumber Salad
.....
Margherita Pizza (v)
Diced Potatoes • Sweetcorn
.....
Tuna Wrap
.....
Filled Jacket Potato • Choice of Cheese,
Baked Beans (v) or Tuna with Salad
.....
Strawberry or Vanilla Ice Cream

WEDNESDAY

Turkey & Vegetable Pie
Creamed Potatoes • Broccoli
.....
Quorn Kofta (v) with Savoury Rice
Pitta Bread • Coleslaw
.....
Cheese Savoury Sandwich
.....
Filled Jacket Potato • Choice of Cheese,
Baked Beans (v) or Tuna with Salad
.....
Fresh Fruit or Yoghurt

THURSDAY

Spaghetti Bolognese
Garlic Bread • Carrots
.....
Quorn Sausage Roll (v) • Oven
Roast Potatoes • Wholewheat Hoops
.....
Ham & Tomato Baguette
.....
Filled Jacket Potato Choice of
Cheese, Baked Beans (v)
or Tuna with Salad
.....
Apple Crumble Muffin

FRIDAY

Fish Goujons • Chips • Beetroot
.....
Three Bean Chilli (v)
Fluffy Rice • Garden Peas
.....
Chicken Mayo Sandwich
.....
Filled Jacket Potato, Choice of Cheese,
Baked Beans (v) or Tuna with Salad
.....
Flapjack & Custard

19 September 22
10 October 22
7 November 22
28 November 22
19 December 22
23 January 23
13 February 23
13 March 23
17 April 23
8 May 23
5 June 23
26 June 23
17 July 23

WEEK 3

WEEK 3

AVAILABLE
DAILY:

Salad bar
Fresh fruit selection
Yoghurt
Fruit juice
Reduced fat milk
Chilled water
Selection of fresh bread
and rolls

SEPTEMBER 2022 - JULY 2023

Menus are subject to availability.
(V) suitable for Vegetarians or (VG) Vegan diets

“Eat
Your 5
A Day”

“the
body’s
only rule is
to give it
healthy
fuel”