# WEEK 1

Allergy information available on request

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **Main** | | | | |
| Macaroni Cheese (v) | Chicken and Vegetable Stew with a Filo Twist and Mashed Potatoes | Roast of the Day with Roast Potatoes and Gravy | Meat Pizza | Fish of the Day and Chips |
| **Vegetarian** | | | | |
| Vegetable Pilaf (v) | Vegetarian Cottage Pie (v) | BBQ Quorn Fillet with Roast Potatoes (v) | Veggie Pizza (v) | Veggie Plait and Chips (v) |
| **3rd Options** | | | | |
| Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw | Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw | Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw | Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw | Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw |
| Pasta with Tomato Sauce and Cheese | Pasta with Tomato Sauce and Cheese | Pasta with Tomato Sauce and Cheese | Pasta with Tomato Sauce and Cheese | Pasta with Tomato Sauce and Cheese |
| **Deli** | | | | |
| Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese | | | | |
| **Vegetables** | | | | |
| Hot Seasonal Vegetables | Hot Seasonal Vegetables | Hot Seasonal Vegetables | Hot Seasonal Vegetables | Hot Seasonal Vegetables |
| **Dessert** | | | | |
| Apple Shortbread | Autumn Fruit Crumble with Custard | Ruby Chocolate Cake | Fruit Jelly | Fruit with Custard |
| Fruit/Yoghurt | Fruit/Yoghurt | Fruit/Yoghurt | Fruit/Yoghurt | Fruit/Yoghurt |

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.

**31st Oct, 21st Nov, 12th Dec, 2nd Jan, 23rd Jan, 13th Feb, 6th Mar, 27th Mar**

FOODSMART Be More FOR BODY AND BRAIN

Soil Association FOOD FOR LIFE CATERING MARK

ASSURED FOOD STANDARDS

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

AiP ALLIANCE in PARTNERSHIP

# WEEK 2

Allergy information available on request

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **Main** | | | | |
| Veggie Lasagne (v) | Pork Sausage with Mashed Potatoes and Gravy | Roast of the Day with Roast Potatoes and Gravy | Chicken Korma with Brown Rice | Fish of the Day and Chips |
| **Vegetarian** | | | | |
| 5 Bean Chilli Nachos (v) | Vegan Sausage with Mashed Potatoes and Gravy (v) | Vegetable Wellington with Roast Potatoes and Gravy (v) | Vegetable Frittata with Salad (v) | Cheese and Tomato Pizza with Chips (v) |
| **3rd Options** | | | | |
| Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw | Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw | Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw | Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw | Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw |
| Pasta with Tomato Sauce and Cheese | Pasta with Tomato Sauce and Cheese | Pasta with Tomato Sauce and Cheese | Pasta with Tomato Sauce and Cheese | Pasta with Tomato Sauce and Cheese |
| **Deli** | | | | |
| Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese | | | | |
| **Vegetables** | | | | |
| Hot Seasonal Vegetables | Hot Seasonal Vegetables | Hot Seasonal Vegetables | Hot Seasonal Vegetables | Hot Seasonal Vegetables |
| **Dessert** | | | | |
| Apple Cinnamon Loaf | Fruit Jelly | Autumnal Iced Cake | Cookie | Fruit with Custard |
| Fruit/Yoghurt | Fruit/Yoghurt | Fruit/Yoghurt | Fruit/Yoghurt | Fruit/Yoghurt |

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.

**7th Nov, 28th Nov, 19th Dec, 9th Jan, 30th Jan, 20th Feb, 13th Mar**

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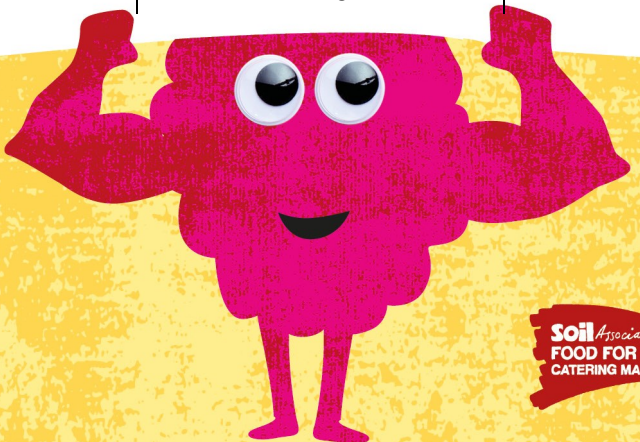
AiP ALLIANCE in PARTNERSHIP

# WEEK 3

Allergy information available on request

**14th Nov, 5th Dec, 26th Dec, 16th Jan, 6th Feb, 27th Feb, 20th Mar**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **Main** | | | | |
| Vegan Sausage Roll with Wedges (v) | Beef Bolognese with Pasta | Roast of the Day with New Potatoes and Gravy | Mild Beef Chilli Nachos with Brown Rice | Fish of the Day and Chips |
| **Vegetarian** | | | | |
| Sweet and Sour Veggie Noodles with Edamame (v) | Veggie Biryani (v) | Vegan Quorn Fillet with New Potatoes and Gravy (v) | Cheesy Baked Mediterranean Gnocchi (v) | Cheese Toastie and Chips (v) |
| **3rd Options** | | | | |
| Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw | Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw | Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw | Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw | Jacket Potato with Baked Beans, Cheese, Salmon Mayo or Coleslaw |
| Pasta with Tomato Sauce and Cheese | Pasta with Tomato Sauce and Cheese | Pasta with Tomato Sauce and Cheese | Pasta with Tomato Sauce and Cheese | Pasta with Tomato Sauce and Cheese |
| **Deli** | | | | |
| Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese | | | | |
| **Vegetables** | | | | |
| Hot Seasonal Vegetables | Hot Seasonal Vegetables | Hot Seasonal Vegetables | Hot Seasonal Vegetables | Hot Seasonal Vegetables |
| **Dessert** | | | | |
| Raspberry and Coconut Flapjack | Sticky Toffee Pudding with Custard | Jelly | Chocolate Crispy Cake | Fruit with Custard |
| Fruit/Yoghurt | Fruit/Yoghurt | Fruit/Yoghurt | Fruit/Yoghurt | Fruit/Yoghurt |



Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.

FOODSMART Be More FOR BODY AND BRAIN

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