



SEASONAL
VEGETABLES

with
MAIN COURSE
OPTIONS

WEEK ONE *menu*

WEEKS COMMENCING:
1ST NOV, 22ND NOV, 13TH DEC, 17TH JAN, 7TH FEB,
7TH MARCH, 28TH MARCH



Monday

Beef & Seasonal Vegetables
Pitta served with Fresh
Salad
(G) (W) (SO)

Classic Mac 'n' Cheese with
Fresh Salad and Pitta Slice
(G) (W) (MK)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Chocolate Sponge
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Tuesday

TACO TUESDAY

Taco with Beef, Salad and
Cheese with Baby New
Potatoes
(G) (W) (MK)

Taco with BBQ Quorn,
Salad and Cheese with
Baby New Potatoes
(G) (W) (B) (SO) (MK) (E) (C)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Lemon Drizzle Cake
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Wednesday

Chicken and Salad Wrap
served with Seasonal
Vegetables
(G) (W)

Jacket Potato served with
Baked Beans, Grated
Cheese or Vegetable Chilli
(MK)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Banana Cake & Custard
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Thursday

Roast Turkey served with
Potatoes, Seasonal
Vegetables and Gravy

Mixed Bean & Vegetable
Burrito with Potatoes and
Seasonal Vegetables
(G) (W) (MK)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Pancakes & Fruit Compote
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Friday

Cod Fish Fingers served
with Chips, Garden Peas
and Baked Beans
(G) (W) (F)

Stir Fried Veggie Noodles
(G) (W) (E) (SO)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Berry Mousse
Fruit Yogurt & Coulis
Fresh Fruit
(MK)

Our mission is to make your lunchtime meal the highlight of your day

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited •
All of our fish is from sustainable sources • All of our eggs are free range laid by happy chickens • We bake our bread daily in your kitchen

SOME OF OUR FOOD MAY CONTAIN ALLERGENS, PLEASE ASK OUR CHEF FOR ADVICE





SEASONAL
VEGETABLES
with
MAIN COURSE
OPTIONS

WEEK TWO
menu

WEEKS COMMENCING:
8TH NOV, 29TH NOV, 3RD JAN, 24TH JAN, 21ST FEB,
14TH MARCH

Monday

Tuesday

Wednesday

Thursday

Friday

MAINS

Hand Made Meat Feast
Pizza with Herby Diced
Potatoes and Coleslaw
(G) (W) (SO) (MK) (E)

Chicken Pasta served with
Seasonal Vegetables
(G) (W) (MK)

Hot Dog in a Roll served
with Potato Wedges,
Seasonal Vegetables
(G) (W) (SU) (SO) (SE)

Roast Chicken served with
Potatoes, Seasonal
Vegetables and Gravy

Battered Fish served with
Chips, Garden Peas and
Baked Beans
(G) (W) (F)

VEGETARIAN

Mediterranean Vegetable
and Tomato Pasta with
Seasonal Vegetables
(G) (W) (MK)

Vegetable Stir Fry served
with Rice
(SO)

Vegetable Lasagne
served with Garlic Bread
and Seasonal Vegetables
(G) (W) (MK)

Vegetable Quesadilla
served with Potatoes and
Seasonal Vegetables
(G) (W) (MK)

Pasta Twists with Cheddar
Cheese Sauce Served with
Fresh Salad
(G) (W) (MK)

PACKED LUNCH

Selection of Baguette or
Wrap

Selection of Baguette or
Wrap

Selection of Baguette or
Wrap

Selection of Baguette or
Wrap

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

(G) (W) (B) (MK) (SE) (E) (F)

(G) (W) (B) (MK) (SE) (E) (F)

(G) (W) (B) (MK) (SE) (E) (F)

(G) (W) (B) (MK) (SE) (E) (F)

DESSERTS

Chocolate Brownie
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Apple Sponge & Custard
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Berry Muffin
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Banoffee Cake
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Strawberry Cheesecake
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

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WEEK THREE *menu*

WEEKS COMMENCING:
15TH NOV, 6TH DEC, 10TH JAN, 31ST JAN, 28TH
FEB, 21ST MARCH

Monday

Pasta Bolognese served
with Seasonal Vegetables
and Garlic Bread
(G) (W) (MK)

Cheese and Tomato Pizza
served with Herby Diced
Potatoes and Coleslaw
(G) (W) (SO) (MK) (E)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Sticky Toffee Pudding
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Tuesday

Beef burger in a Bun with
Lettuce and Tomato
(G) (W) (SE)

Pasta with Onion, Red
Peppers, Tomatoes in a
Basil Pesto Sauce
(G) (W) (MK)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Carrot Cake
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Wednesday

Chicken Pasta served with
Seasonal Vegetables
(G) (W) (MK)

Jacket Potato served with
Vegetable Curry and Grated
Cheese with Fresh Salad
(MK) (MU)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Ice Cream & Sauces
Fruit Yogurt & Coulis
Fresh Fruit
(MK)

Thursday

Roast Beef with Roast
Potatoes, Seasonal
Vegetables & Yorkshire P.
(G) (W) (E) (MK)

Quorn Roast with Roast
Potatoes, Seasonal
Vegetables & Yorkshire P.
(G) (W) (E) (MK)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Bakewell Tart
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Friday

Cod Fish Fingers served
with Chips, Garden Peas
and Baked Beans
(G) (W) (F)

Vegetable Fajitas served
with Chips, Garden Peas
and Baked Beans
(G) (W)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Orange & Lemon Muffin
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

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MAINS
VEGETARIAN
PACKED LUNCH
DESSERTS