

Week one

Monday

03/09 24/09 15/10 12/11 03/12 07/01 28/01

Choose a main meal...
Mac 'N' Cheese ✓
Mild Potato & Chickpea
Curry ✓

on the side...
Sweetcorn
Peas

for dessert...
Flapjack with Fruit Slices

Tuesday

Choose a main meal...
Chicken Mayo Burger with
Jacket Wedges
Creamy Broccoli &
Sweetcorn Pasta ✓

on the side...
Roasted Vegetables
Carrots

for dessert...
Pear & Ginger Crumble
with Custard

Wednesday

Choose a main meal...
Roast Turkey with Roast
Potatoes & Gravy
Sweet Potato & Chickpea
Roast with Roast Potatoes
& Gravy ✓

on the side...
Green Beans
Cauliflower

for dessert...
Chocolate Ice Cream

Thursday

Choose a main meal...
Pork Ragù with Rice
Vegetable & Cream Cheese
Crumble ✓

on the side...
Carrots
Broccoli
Cauliflower

for dessert...
Brownie Cake

Friday

Choose a main meal...
Crispy Fish & Chips
Quorn Dippers with Chips
✓

on the side...
Baked Beans
Crunchy Coleslaw

for dessert...
Lemon Shortbread

Week two

10/09 01/10 29/10 19/11 10/12 14/01 04/02

Choose a main meal...
Mozzarella & Tomato Pizza
✓
Vegetable Biryani ✓

on the side...
Broccoli
Sweetcorn

for dessert...
Vanilla Ice Cream

Choose a main meal...
Pork Sausages with
Cheesy Mash
Vegetarian Sausages with
Cheesy Mash ✓

on the side...
Baked Beans
Roasted Vegetables

for dessert...
St Clements Sponge Cake

Choose a main meal...
Roast Turkey with Roast
Potatoes & Gravy
Cauliflower & Broccoli
Cheese Bake with Roast
Potatoes & Gravy ✓

on the side...
Roast Parsnip
Carrots

for dessert...
Oatie Biscuit with Fruit
Slices

Choose a main meal...
Chicken & Tomato
Lasagne with a Garlic &
Herb Bread Wedge
Vegetarian Tagine with Rice
✓

on the side...
Green Beans
Cauliflower

for dessert...
Apple & Berry Crumble with
Custard

Choose a main meal...
Golden Fish Fingers &
Chips
Mediterranean Tart & Chips
✓

on the side...
Baked Beans
Peas

for dessert...
Banana & Apricot Flapjack

Week three

17/09 08/10 05/11 26/11 17/12 21/01 11/02

Choose a main meal...
Mozzarella & Tomato Pizza
with Jacket Wedges ✓
Tomato & Vegetable
Savoury Rice ✓

on the side...
Peas
Roasted Vegetables

for dessert...
Strawberry Ice Cream

Choose a main meal...
Chicken & Broccoli Pie with
New Potatoes
Creamy Tomato & Basil
Pasta ✓

on the side...
Carrots
Green Beans

for dessert...
Raspberry Ripple Cake

Choose a main meal...
Roast Pork with Roast
Potatoes & Gravy
Quorn Roast with Roast
Potatoes & Gravy ✓

on the side...
Seasonal Cabbage
Carrot & Swede Mash

for dessert...
Peach Slice

Choose a main meal...
Beef Macaroni Bake with
Garlic & Herb Bread
Wedge
Vegetable Korma with Rice
✓

on the side...
Broccoli
Sweetcorn

for dessert...
Shortbread Fingers with
Fruit Slices

Choose a main meal...
Salmon Fish Fingers with
Chips
Baked Bean & Cheese
Quesadilla with Chips ✓

on the side...
Baked Beans
Peas

for dessert...
Pineapple Upside Down
Cake with Custard

All our
milk is Red
Tractor
approved



WE
BUY
95%
of our seasonal
vegetables
direct from
British growers



FRESH SALAD

IS AVAILABLE ON
A DAILY BASIS

REDUCING OUR
CARBON
FOOTPRINT
OVER 30%

of our products are
transported by vehicles
that run on biodiesel

WE SUPPORT
82 BRITISH
DAIRY
FARMS



We only use
Lion Quality
British Eggs

FARM TO FORK
We can trace every
cut of meat back to
the farms of origin

ALL OUR
BREAD IS
FRESHLY BAKED
EVERY DAY

ALL OUR
BANANAS ARE
FAIRTRADE

