

WEEK 3

W/C: 13/11, 04/12, 25/12, 15/01, 26/02, 18/03

AUTUMN/WINTER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza 🌱 🍷 Served with Potato Wedges	Beef Lasagne 🍷 🍷 Served with Garlic and Herb Bread	Roast Turkey Served with Roast Potatoes and Gravy	Chicken and Vegetable Korma 🍷 🍷 Served with Wholegrain Rice	Southern Fried Chicken Served with Chips
JACKET POTATO	Sweet Potato Curry 🌱 🍷 🍷 Served with Wholegrain Rice	Vegetarian Lasagne 🌱 🍷 🍷 Served with Garlic and Herb Bread	West African Vegetable Rice 🌱 🍷	Sweet and Sour Vegetables 🌱 🍷 🍷 Served with Wholegrain Rice	Crispy Quorn Nuggets 🌱 Served with Chips
DESSERT	Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings	Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings	Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings	Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings	Jacket Potatoes 🍷 🌱 with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 🍷 🍷					
All main meals are served with two vegetables					
DESSERT	Magic Apple and Cinnamon Bake 🍷	Strawberry Jelly	Orange Drizzle with Fruit 🍷	Pineapple Upside Down Cake with Custard	Chocolate Ice Cream with Shortbread Biscuit

PACKED LUNCH AVAILABLE
Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

AVAILABLE EVERY DAY
Water, salad, freshly baked bread, yoghurt & fresh fruit

🌱 Vegetarian 🐟 Oily Fish 🍷 Wholegrain
🍏 Fruity! 🍷 Nutritionist's Choice 🍷 Halal Available

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.