

MONDAY

Cheese Omelette(v)
Hash Browns ▪ Baked Beans

Quorn Bolognese (v)
Crusty Bread ▪ Garden Peas

Egg and Cress Baguette

Filled Jacket Potato
Choice of Cheese or
Baked Beans (v) with Salad

Fresh Fruit or Yoghurt

TUESDAY

Beef Mince Pie
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 Sandwich

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

Cheese Roll (v)

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

Cheese Roll (v)
Garlic Bread ▪ Broccoli

Cheese Sandwich

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 Sandwich

Filled Jacket Potato ▪ Choice of Cheese,
Baked Beans (v) or Tuna with Salad

Vanilla Cookie

THURSDAY

Quorn(v) or Pork Sausages with Gravy
Oven Roast Potatoes ▪ Mashed Turnip

Beef or Vegetarian(v) Lasagne
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 Dippers(v)

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 Bolognese (v)

Ham and Tomato Sandwich

Filled Jacket Potato Choice of
Cheese; Baked Beans (v)
or Tuna with Salad

Apple Crumble Muffin

FRIDAY

Fish Goujons ▪ Chips ▪ Beetroot

Cheese Roll (v)

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”