

w/c 25th Feb, 18th Mar, 8th Apr, 29th Apr, 20th May, 10th Jun, 1st Jul, 22nd Jul, 12th Aug, 2nd Sept, 23rd Sep

## WEEK ONE

### MONDAY Authentic Italian

#### Loaded Mac n Cheese and Garlic Focaccia

Cheesy pasta with a herby breadcrumb topping and loads more ...

#### Spring Veg Frittata and Garlic Focaccia

Baked cheese and chive egg frittata packed with spring vegetables

Vegetarian  
Section

Packed  
Lunch

Jacket  
Potatoes

The Finale

#### Italian Orange Cake

Zingy orange cake made with polenta

### TUESDAY Family Faves

#### Bangers and Mash

Thick pork and beef sausages with creamy mashed potato and gravy

#### Vegan Quorn Bangers and Mash

Quorn sausages with creamy mashed potato and gravy

#### Banana Bread & Butter Pudding with Custard

Layers of crusty bread, sliced banana and baked sweet egg custard

### WEDNESDAY Baking British

#### Roast Beef and Gravy with Roasties

Slow roasted beef with crispy roasties and gravy

#### Cherry Tomato & Rocket Tart

Pastry base filled with chunks of butternut squash, beetroot and red onion topped with cherry tomatoes and rocket with a citrus dressing

#### Honey Picnic Flapjack

Home baked jumbo oats, plump sultanas and natural honey

### THURSDAY Food Festival

#### Chinese Chicken Noodles

Five spiced chicken with sweet chilli egg noodles

#### Sweet Potato Balti with Basmati Rice

Lightly spiced sweet potato, chickpea and lentil curry with rice

#### Berry Eton Mess

Crushed meringue and berry rippled cream

### FRIDAY Fun Day

#### Golden Fish Fingers and Chips

MSC pollock fish fingers with chips

#### Quorn Brunch Muffin

Quorn patty with homemade tomato sauce and cheese in an English muffin with chips

#### Cookie & Shake

Oat Cookie & Chocolate Milkshake

Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit

Crispy Skin Jacket Potato with Toppings

THEME  
DAYS

Road Trip  
Wales

Road Trip  
England

Summer  
Party

We offer seasonal  
vegetables, bread,  
yoghurt and  
fruit daily.

(allergy information  
is available)

w/c 4th Mar, 25th Mar, 15th Apr, 6th May, 27th May, 17th Jun, 8th Jul, 29th Jul, 19th Aug, 9th Sept, 30th Sept

## WEEK TWO

## THEME DAYS

Road Trip  
Wales

Road Trip  
England

Summer  
Party

We offer seasonal  
vegetables, bread,  
yoghurt and  
fruit daily.  
(allergy information  
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### MONDAY Authentic Italian

#### Cheesy Mozzarella Pizza

Wholemeal rich pizza base topped with fresh tomatoes and basil served with oven baked potato wedges

#### Wholemeal Penne Pasta Neapolitan

Freshly cooked pasta with chunky tomato sauce

#### Tiramisu Trifle Pot

Soft cheese, cream, layered with sponge and chocolate

### TUESDAY Family Faves

#### Beef Bolognese and Spaghetti

Lean minced beef with garlic and traditional tomato sauce with spaghetti

#### Cheddar Cheese and Spinach Quiche with New Potatoes

Baked pastry case filled with red onion, baby spinach, tomatoes and cheese with new potatoes

#### Toffee Apple Tart and Custard

Baked pastry case filled with apples topped with cornflakes

### WEDNESDAY Baking British

#### Lemon Roast Chicken and Roasties

Chicken fillets roasted with lemon with crispy roasties, sage and onion stuffing and gravy

#### Quorn Roast and Roasties

Quorn Roast with crispy roasties, sage and onion stuffing and gravy

#### Ice Cream Tub

Vanilla ice cream with fruity toppings

### THURSDAY Food Festival

#### All American Turkey Twist Burger and Wedges

Lean minced turkey patty with BBQ sauce in a bun with lime potato wedges

#### Chunky Chilli Tacos

Fajita spiced mixed beans and peppers with tangy salsa and crispy taco shell

#### Mini Chocolate Brownie

Reduced sugar chocolate brownie served with a fresh orange wedge

### FRIDAY Fun Day

#### Crispy Battered Fish and Chips

MSC fillet of lightly battered fish with chips

#### Picnic Pitta

Fresh pitta pocket stuffed with q Quorn dippers and minty cucumber salad with chips

#### Cookie and Shake

Ginger Cookie and Vanilla Honey Shake

Main  
Event

Vegetarian  
Section

Packed  
Lunch

Jacket  
Potatoes

The Finale

▲ Meat

▼ Veggie

◆ Jacket Potato

■ Packed Lunch

w/c 11th Mar, 1st Apr, 22nd Apr, 13th May, 3rd Jun, 24th Jun, 15th Jul, 5th Aug, 26th Aug, 16th Sept

## WEEK THREE

### MONDAY Authentic Italian

**Broccoli and Salmon Pasta Bake**  
Flaked salmon and fresh broccoli with pasta baked in a tomato and basil sauce

**Firecracker Pizza and Wedges**  
Wholemeal rich pizza base topped with chilli spiced peppers served with oven baked potato herby wedges

**Apricot Biscotti and Lemon Yoghurt**  
Twice cooked Italian style apricot biscuit with lemon yoghurt

### TUESDAY Family Faves

**Root Mash Topped Cottage Pie**  
Lean minced beef and onion gravy topped with carrot and swede mash

**Smokey Quorn Meatballs and Rice**  
Garlic, lime and coriander Quorn meatballs with turmeric yellow rice

**Butterscotch Tart**  
Homemade butterscotch sauce in a baked pastry case

### WEDNESDAY Baking British

**Gammon and Roasties**  
Slow roasted gammon with sticky pineapple pieces and crispy roasties

**Super Green Veggie Lasagne**  
Spinach, courgette, pea, mint and basil layered with sheets of lasagne and soft cheese

**Magic Chocolate Pudding**  
Baked self-saucing chocolate sponge pudding

### THURSDAY Food Festival

**Punjabi Butter Chicken and Rice**  
Marinated chicken thigh pieces in a buttery curry sauce with rice

**Butternut Squash Risotto**  
Roasted butternut squash, rosemary, mixed beans and cooked with rice

**Carrot and Pineapple Muffin**  
Carrot and pineapple muffin spiced with cinnamon

### FRIDAY Fun Day

**Golden Fish Fingers and Chips**  
MSC Pollock Fish Fingers with chips

**Cheese and Marmite Muffin with Chips**  
Savoury wholemeal muffin with cheese, cherry tomatoes and marmite with chips

**Cookie and Shake**  
Lemon Cookie and Berry Milkshake

Main Event

Vegetarian Section

Packed Lunch

Jacket Potatoes

The Finale

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Road Trip Wales

Road Trip England

Summer Party

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(allergy information is available)

