

w/c 7th October, 28th October, 18th November, 9th December, 30th December, 20th January, 10th February

WEEK ONE

THEME DAYS

Trip to France

Italian Day Out

Try our Scottish Menu

We offer seasonal vegetables, bread, yoghurt and fruit daily. (allergy information is available)

Main Event

| MONDAY Authentic Italian | TUESDAY Family Faves | WEDNESDAY Backing British | THURSDAY Food Festival | FRIDAY Fun Day |
|--|--|--|---|--|
| Cheese and Tomato Pasta Bake v | All Day Breakfast ▲ | Roast Chicken and Gravy with Mash ▲ | Chicken Curry and Rice ▲ | Salmon Fish Fingers and Chips |
| Wholewheat penne with the ultimate tomato sauce topped with cheese | Grilled sausage, egg, beans, tomato and hash brown | Chicken fillets with mash, stuffing and gravy | Marinated chicken thigh pieces in a buttery curry sauce with rice | MSC salmon fish fingers with chips and peas |
| Quorn Meatballs and Spaghetti v | Veggie All Day Breakfast v | Quorn Roast and Gravy with Mash v | Cauliflower and Lentil Jalfrezi and Rice v | Cheese and Bean Wrap and Chips v |
| Quorn meatballs in a tasty tomato sauce with wholewheat spaghetti | Veggie sausage, egg, beans, tomato and hash brown | Quorn roast with mash, sage and onion stuffing and gravy | Lightly spiced cauliflower and lentil curry with rice | Half a wholewheat wrap stuffed with baked beans and cheese |

Vegetarian Section

Jacket Potatoes

Jacket Potato with Toppings ◆

The Finale

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|-----------------------------|----------------------|--------------------|----------------------------|---------------------|
| Italian Crumble Cake | Winter Sponge | Fruity Loaf | New York Cheesecake | Lemon Cookie |
|-----------------------------|----------------------|--------------------|----------------------------|---------------------|

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|---|--|---|-------------------------------------|-------------------------------------|
| Crumble base filled with apples topped with even more crumble | Orange and cinnamon sponge with a twist! | Mixed dried fruit cake with soft brown sugar and cinnamon | Baked cheesecake with fruit topping | Zesty lemon cookie with juicy fruit |
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w/c 14th October, 4th November, 25th November, 16th December, 6th January, 27th January, 17th February

WEEK TWO

THEME DAYS

Fairytale Festival

Chinese New Year

Pancake Day

We offer seasonal vegetables, bread, yoghurt and fruit daily.
(allergy information is available)

Main Event

MONDAY Authentic Italian

Cheese and Tomato Pizza

Pizza topped with tomato sauce and cheese

TUESDAY Family Faves

Beef Lasagne

Layers of pasta with minced beef and tomato sauce topped with cheese

WEDNESDAY Backing British

Sausage with Mash

Pork sausage with mash and gravy

THURSDAY Food Festival

Chicken Fajitas

Marinated chicken with sliced vegetables, rice and a wheat wrap

FRIDAY Fun Day

Golden Fish Fingers and Chips

MSC pollock fish fingers with chips

Vegetarian Section

Tomato and Roasted Veggie Risotto

Roasted peppers, courgettes and tomatoes with edamame beans and rice

Vegetable Lasagne

Layers of pasta with vegetables and tomato sauce topped with cheese

Quorn Sausage with Mash

Quorn sausage with Mash and gravy

Quorn Fajitas

Marinated Quorn with sliced vegetables, rice and a wheat wrap

Sticky Onion and Cheddar Quiche and Chips

Wholemeal pastry with a caramelised onion and cheddar filling.

Jacket Potatoes

Jacket Potato with Toppings

Tiramisu

Soft cheese and cream layers with sponge and cocoa

Winter Fruit Brulee

Dessert pot with berries, cream and yoghurt with a crunchy topping

Apple and Berry Crumble

Baked apples and berries topped with an oaty crumble

Mexican Chocolate Pudding

Chocolate and cinnamon flavoured sponge and sauce..

Ginger Cookie and Fruit Slices

Ginger Cookie with juicy fruit

The Finale

▲ Meat

▼ Veggie

◆ Jacket Potato

w/c 21st October, 11th November, 2nd December, 23rd December, 13th January, 3rd February, 24th February

WEEK THREE

THEME DAYS

Trip to Wales

Best of British

And lots more ...

We offer seasonal vegetables, bread, yoghurt and fruit daily.
(allergy information is available)

MONDAY
Authentic Italian

TUESDAY
Family Faves

WEDNESDAY
Backing British

THURSDAY
Food Festival

FRIDAY
Fun Day

Main Event

Macaroni Cheese

Baked cheesy pasta with a crunchy topping

Minced Beef Pie

Minced beef and carrot pie with gravy and mash

Roast Chicken and Gravy with Roast Potatoes

Chicken fillets with roast potatoes, sage and onion stuffing and gravy

Hot Dog and BBQ Beans

Hot Dog sausage in a roll with BBQ flavoured beans

Golden Fish Fingers and Chips

MSC pollock fish fingers with chips

Vegetarian Section

Quorn Bolognese

Quorn, vegetable and tomato sauce with wholewheat spaghetti

Crispy Topped Vegetarian Pie

Crunchy vegetables in sauce with sliced potato topping

Quorn Roast and Gravy with Roast Potatoes

Quorn Roast with Roast potatoes, sage and onion stuffing and gravy

Veggie Dog and BBQ Beans

Veggie sausage in a roll with BBQ flavoured beans

Cheese & Tomato Pinwheel with Chips

Baked bread base with cheese and tomato filling with chips

Jacket Potatoes

Jacket Potato with Toppings

Lemon Drizzle Flapjack

Oaty flapjack topped with a lemon drizzle

Sticky Ginger Cake

Traditional sticky ginger sponge with custard.

Fruity Rice Pudding

Chilled rice pudding with caramelised pineapple

Vanilla and Blueberry Blondie

Chewy, fruity traybake with vanilla and blueberries

Oaty Energy Cookie

Oat Cookie with juicy fruit

The Finale

▲ Meat

▼ Veggie

◆ Jacket Potato