

FOOD TO FLOURISH

WEEK 1

MONDAY

CHOOSE FROM

- BBQ chicken with diced potatoes
- ✓ Macaroni cheese using Somerset cheddar with garlic bread finger
- Jacket potato with tuna mayo

VEGETABLE OF THE DAY
Served with green beans

TO FINISH
Ice cream, fruit smoothie or apple lolly

TUESDAY

CHOOSE FROM

- Roast beef and Yorkshire pudding, roast potatoes and gravy
- ✓ Savoury Quorn mince and Yorkshire pudding, roast potatoes and gravy
- Tangy chicken curry with brown and white rice and Naan style bread

VEGETABLE OF THE DAY
Served with a medley of broccoli, cauliflower and carrots

TO FINISH
Chocolate and mandarin sponge

WEDNESDAY

CHOOSE FROM

- Baked sausage roll with mashed potato
- ✓ Margherita pizza
- ✓ Quorn and bean casserole with diced potatoes

VEGETABLE OF THE DAY
Served with garden peas and sweetcorn

TO FINISH
Fruit flapjack

THURSDAY

CHOOSE FROM

- Roast chicken, roast potatoes and gravy
- ✓ Vegetarian sausages, roast potatoes and gravy
- BBQ beef wrap

VEGETABLE OF THE DAY
Served with seasonal swede, carrots and broccoli

TO FINISH
Mini biscuit and seasonal fruit wedges

FRIDAY

CHOOSE FROM

- Fish fingers, chips and tomato sauce
- ✓ Curried vegetable puff and chips
- ✓ Jacket potato with Somerset cheddar cheese

VEGETABLE OF THE DAY Served with garden peas or baked beans

TO FINISH
A choice of cold desserts



WEEK 2

CHOOSE FROM

- Chicken grill with diced potatoes
- ✓ Italian tomato pasta with garlic bread finger
- Fish finger wrap with diced potatoes

VEGETABLE OF THE DAY
Served with garden peas

TO FINISH
Ice cream, fruit smoothie or apple lolly

CHOOSE FROM

- Roast pork with roast potatoes and gravy
- ✓ Vegetarian sausage puff with roast potatoes and gravy
- ✓ Jacket potato with Somerset cheddar cheese

VEGETABLE OF THE DAY
Served with a medley of broccoli, cauliflower and carrots

TO FINISH
Seasonal apple and blackberry oaty muffin

CHOOSE FROM

- ✓ Quorn sausage grill with mashed potato and gravy
- ✓ Margherita pizza
- ✓ Veggie-ball wrap with mashed potato

VEGETABLE OF THE DAY
Served with green beans and sweetcorn

TO FINISH
A choice of cold desserts

CHOOSE FROM

- Roast chicken, roast potatoes and gravy
- ✓ Tomato and vegetable pasta with garlic bread finger
- Jacket potato with tuna mayo

VEGETABLE OF THE DAY
Served with broccoli and baton carrots

TO FINISH
Mini biscuit and seasonal fruit wedges

CHOOSE FROM

- Battered fish and chips with tomato sauce
- ✓ Sweet potato and lentil curry with brown and white rice and Naan style bread
- ✓ Cheese and onion pasty and chips

VEGETABLE OF THE DAY
Served with garden peas or baked beans

TO FINISH
Autumn cake



WEEK 3

CHOOSE FROM

- Baked pork sausages with mashed potato and gravy
- ✓ Quorn nuggets with mashed potato and gravy
- ✓ Jacket potato with Somerset cheddar cheese

VEGETABLE OF THE DAY
Served with broccoli

TO FINISH
Ice cream, fruit smoothie or apple lolly

CHOOSE FROM

- Roast beef and Yorkshire pudding, roast potatoes and gravy
- ✓ Vegetarian toad in the hole, roast potatoes and gravy
- ✓ Vegetarian fajita with brown and white rice

VEGETABLE OF THE DAY
Served with a medley of broccoli, cauliflower and carrots

TO FINISH
Winter spiced apple crumble slice

CHOOSE FROM

- Bubble salmon with diced potatoes
- ✓ Margherita pizza
- Jacket potato with ham and tomato

VEGETABLE OF THE DAY
Served with garden peas and sweetcorn

TO FINISH
Shortbread biscuit

CHOOSE FROM

- Roast pork, roast potatoes and gravy
- ✓ Quorn Korma with brown and white rice and Naan style bread
- ✓ Baked beans and Somerset cheddar cheese yorkie

VEGETABLE OF THE DAY
Served with seasonal cabbage and carrots

TO FINISH
Chocolate brownie

CHOOSE FROM

- Fish fingers with chips and tomato sauce
- ✓ Veggie-balls in tomato sauce with pasta
- ✓ BBQ Quorn fillet and chips

VEGETABLE OF THE DAY
Served with garden peas

TO FINISH
A choice of cold desserts

CALENDAR

✓ Vegetarian • Gold award winner Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets * Green Gourmet's award-winning Red Tractor chicken breast fillet – Winner of the Queen's Award for Enterprise: Innovation 2017

OCTOBER 2018							NOVEMBER 2018							DECEMBER 2018							JANUARY 2019							FEBRUARY 2019							MARCH 2019							APRIL 2019						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
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14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27
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