



Every day we offer: Fruit Juice Cordial, Organic Semi Skimmed Milk, and a Fresh Bread Basket. Ketchup is offered with selected dishes. Vegetable accompaniments may change due to seasonal availability.

Week one

Week Commencing: 12/11, 3/12, 7/1/19, 28/1, 25/2, 18/3, 8/4

MONDAY

Main meal...

British Pork Sausages with Gravy and Creamy Mashed Potatoes (v,h) Doug's Farmhouse Omelette with Baked Potato Wedges (v) Filled Jacket Potato Choice

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Homemade Flapjack
(v) Cheddar Cheese, Crackers & Apple
(v) Organic Yoghurt or Fresh Fruit

TUESDAY

Main meal...

BBQ Chicken Fillet Bites in a Wrap, Baked Potato Wedges (v,h) Vegetable Pasta Bake, with Malted Wheat Baguette (v) Filled Jacket Potato Choice

On the side...

Fresh Salad Bar
Corn on the Cob or Peas

For dessert...

(v,h) Toffee Apple Sponge with Custard
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

WEDNESDAY

Main meal... ROAST DAY

British Roast Beef, Yorkshire Pudding, Gravy, Crispy Roast Potatoes (v) Veggie Toad in the Hole, Gravy, Crispy Roast Potatoes (v) Filled Jacket Potato Choice

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Chocolate Crunch Biscuit
(v) Organic Yoghurt or Fresh Fruit

THURSDAY

Main meal...

(h) Homemade Mild Chicken Tikka with Wholegrain Rice (v,) Cheese and Tomato Pizza Wedge, Crispy Potatoes (v) Filled Jacket Potato Choice

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Lemon or Orange Drizzle Cake
(v) Organic Yoghurt or Fresh Fruit

FRIDAY

Main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fingers with Chipped Potatoes (v,h) Chinese Style Quorn with Noodles (v) Filled Jacket Potato Choice

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v) Pancakes with Fruit Toppings
(v) Organic Yoghurt or Fresh Fruit

Week two

Week Commencing: 19/11, 10/12, 14/1/19, 4/2, 4/3, 25/3, 29/4

MONDAY

Main meal...

Organic Beef Grill in a High Fibre Bun, Baked Potato Wedges (v,h) Saffron's Vegetable and Lentil Korma, Wholegrain Rice (v) Filled Jacket Potato Choice

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Creamy Whip with Fruit
(v,h) Homemade Favourite Cookie
(v) Organic Yoghurt or Fresh Fruit

TUESDAY

Main meal...

(h) Homemade Chicken Pie, Gravy, Creamy Mash or Crispy Potatoes (v) Linda McCartney Veggie Sausage Hot Dog, Crispy Potatoes (v) Filled Jacket Potato Choice

On the side...

Fresh Salad Bar
Vegetables of the Day or Baked Beans

For dessert...

(v,h) Iris's Homemade Fruit Muffin Traybake or (v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

WEDNESDAY

Main meal... ROAST DAY

British Roast Pork Joint/Loin or Gammon Joint, Apple Sauce, Gravy, Crispy Roast Potatoes (v,h) Cheesy Pasta Bake, Malted Wheat Baguette (v) Filled Jacket Potato Choice

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Up Beet Chocolate Cake
(v) Organic Yoghurt or Fresh Fruit

THURSDAY

Main meal...

(h) Pasta with Doug's Organic Beef Bolognese Sauce, (h) Garlic Bread (v,h) Not Too Spicy Vegetable Burrito Baked Potato Wedges (v) Filled Jacket Potato Choice

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Apple Pudding & Custard
(v) Strawberry Swirl Mousse
(v) Organic Yoghurt or Fresh Fruit

FRIDAY

Main meal... FISHY FRIDAY

(msc) Harry Ramsden's Seaside Salmon Fish Fillet, Criss-Cross Potatoes (v,h) Saffron's Homemade Favourite Quiche, Criss-Cross Potatoes (v) Filled Jacket Potato Choice

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v) Cheddar Cheese, Crackers & Apple Jelly with Peaches
(v) Organic Yoghurt or Fresh Fruit

Week three

Week Commencing: 26/11, 17/12, 21/1/19, 11/2, 11/3, 1/4, 6/5

MONDAY

Main meal...

Doug's Organic Pork Meatballs, Rich Tomato Gravy and Pasta (v,h) Broccoli and Sweetcorn Bake, Malted Wheat Baguette Vegetables layered between sliced potatoes and baked in a creamy sauce (v) Filled Jacket Potato Choice

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Homemade Zesty Orange Cookie
(v) Organic Yoghurt or Fresh Fruit

TUESDAY

Main meal...

Tasty Brunch Lunch - bacon medallion, pork sausage and potato wedges served with baked beans or tomatoes (v) Breadcrumbed Vegetable Fingers, Baked Potato Wedges (v) Filled Jacket Potato Choice

On the side...

Fresh Salad Bar
Baked Beans or Tomatoes

For dessert...

(v,h) Chef's Fruit Crumble with Custard
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

WEDNESDAY

Main meal... ROAST DAY

Roast Chicken Fillet or Joint, Gravy and Crispy Roast Potatoes (v,h) Vegetable Lasagne, Malted Wheat Baguette Filled with Mediterranean vegetables in rich tomato sauce (v) Filled Jacket Potato Choice

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Homemade Iced Sponge
(v) Organic Yoghurt or Fresh Fruit

THURSDAY

Main meal...

(h) Organic Minced Beef Pie with a Puff Pastry Top, Gravy, Creamy Mash or Crispy Potatoes (v,h) Homemade Rustic Cheese & Tomato Pizza, Crispy Potatoes (v) Filled Jacket Potato Choice

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

Jelly with Fruits in Juice,
(v,h) Homemade Tempting Triangle crunchy oatly biscuit with a cherry on the top
(v) Organic Yoghurt or Fresh Fruit

FRIDAY

Main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fillet with Chipped Potatoes (v,h) Quorn Korma with Wholegrain Rice (v) Filled Jacket Potato Choice

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v,h) Homemade Chocolate Cracknel
(v) Organic Yoghurt or Fresh Fruit

(v) Vegetarian Option (h) Homemade (msc) Certified Sustainable Seafood

