

MONDAY

Pasta Bolognaise

Vegetable Pasta Cheesy Bake

Chilli Beef Fajita

Garlic Bread

Broccoli and Cauliflower Florets,

Coleslaw Salad

Wasteful to Tasteful

Vegetable Selection

Jacket Potatoes with a selection of
fillings

Selection of Sandwiches and
Handheld Snacks

Cakes, Yoghurt, Cookies and Fruit

TUESDAY

Chicken and Vegetable Stir Fry
With fluffy rice

Chicken and Pesto Pasta

Swedish Style Quorn Meatballs in Tomato
Sauce with Pasta

Focaccia Bread Slices

Garden Peas

Sweetcorn

House Salad and Coleslaw

Jacket Potato with a Selection of
Fillings

Selection of Sandwiches and
Handheld Snacks

Cakes, Yoghurt, Cookies and Fruit

WEDNESDAY

Traditional Roast of the Day

(Turkey, Pork, or Gammon)

Or

Roast Quorn Fillet

Roast Potatoes

Seasonal Vegetables

Savoy Cabbage

Gravy and Accompaniments

Jacket Potato with various fillings

Pasta Choice of the Day

Selection of Sandwiches and

Handheld Snacks

Cakes, Yoghurt, Cookies and Fruit

Oat topped Apple Crumble with Custard

THURSDAY

Stretched Loaded Pizzas
With a selection of toppings

Or

Chipotle Chicken
With Cous Cous or Rice
Sweetcorn Salsa

Baby Boiled Potatoes
Red Cabbage Slaw
Green Beans
Sauté Leeks

Jacket Potato with various fillings

Selection of Sandwiches and
Handheld Snacks

Cakes, Yoghurt, Cookies and Fruit

FRIDAY

Fish Selection - a choice from

Freshly Battered Hoki

or

Breaded Pollock

Fish Fingers

Baked Salmon Fish Fingers

Quorn Dippers

Baked Mustard and Oat Crusted Mackerel

Oven Baked or Deep-Fried Chips

Baked Beans, Garden or Mushy Peas

Jacket Potatoes with a selection of
fillings

Selection of Sandwiches and
Handheld Snacks

Cakes, Yoghurt, Cookies and Fruit

Monday

Oven Baked Pork Sausage

Quorn Sausage

Onion Gravy

Creamy Mashed Potato

or

Cottage Pie

Green Beans

Country Mixed Vegetables

Mixed Salad

Jacket Potato with variety of fillings

Selection of Sandwiches and
Handheld Snacks

Cakes, Yoghurt, Cookies and Fruit

Tuesday

Chicken Sweet & Sour with Noodles
or
Chicken Korma

Sweet Potato and Bean Jalfrezi
with Rice

Naan Bread

Sag Aloo

Mixed Salad and Coleslaw

Mango Chutney and Cucumber Raita

Jacket Potato with a Selection of
Fillings

Selection of Sandwiches and
Handheld Snacks

Cakes, Yoghurt, Cookies and Fruit
Lemon Bakewell Tart

WEDNESDAY

Traditional Roast of the Day

(Turkey, Pork or Gammon)

Or

Roast Quorn Fillet

Roast Potatoes

Seasonal Roasted Vegetables

Garden Peas

Gravy and Accompaniments

Jacket Potato with various fillings

Pasta Choice of the Day

Selection of Sandwiches and

Handheld Snacks

Cakes, Yoghurt, Cookies and Fruit
Chocolate Sponge with Chocolate Sauce

Thursday

Minced Beef and Vegetable Topped Pie

Chicken and Sweetcorn Fricassee

Southern Fried Quorn Burger

New Potatoes or Mashed Potatoes

Garden Peas

Sweetcorn

Carrots

Gravy

Jacket Potato with various fillings

Pasta Choice of the Day

Selection of Sandwiches and
Handheld Snacks

Cakes, Yoghurt, Cookies and Fruit

FRIDAY

Fish Selection - a choice from

Freshly Battered Hoki

or

Breaded Pollock

Fish Fingers or

Baked Salmon Fish Fingers

Quorn Dippers or Vegan Nuggets

Oven Baked or Deep-Fried Chips

Baked Beans, Garden or Mushy Peas

Jacket Potatoes with a selection of
fillings

Selection of Sandwiches and
Handheld Snacks

Cakes, Yoghurt, Cookies and Fruit

Monday

Chilli Con Carne with Rice
Turkey and Leek Savoury Crumble
Vegetable and Cheddar Creamy Pie

Boiled New Potatoes
Garden Peas, Carrots Sweetcorn
Red-cabbage Slaw
Mixed Salad

Pasta Choice of the Day

Jacket Potatoes with a selection of
fillings

Selection of Sandwiches and
Handheld Snacks

Cakes, Yoghurt, Cookies and Fruit

Tuesday
Theme Day
American, Indian, Mexican or Italian

Jacket Potatoes with a selection of
fillings

Selection of Sandwiches and
Handheld snacks
Cakes, Yoghurt, Cookies and Fruit

WEDNESDAY

Traditional Roast of the Day

(Turkey, Pork or Gammon)

Or

Roast Quorn Fillet

Roast Potatoes

Seasonal Vegetables

Broccoli Florets

Gravy and Accompaniments

Jacket Potato with various fillings

Pasta Choice of the Day

Selection of Sandwiches and
Handheld Snacks

Cakes, Yoghurt, Cookies and Fruit
Golden Syrup Sponge and Custard

Thursday

Quorn Burger in A Bap with
Oven baked Jacket Wedges
Ketchup and Relish

Or

Oriental Hoi Sin Vegetable Noodles

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Jerk Chicken and Pineapple Kebabs
Mixed Brown and White Rice

Mixed Salad
Broccoli Florets Roasted Sweetcorn
Jacket Potato with various fillings

Selection of Sandwiches and
Handheld Snacks

Cakes, Yoghurt, Cookies and Fruit

FRIDAY

Fish Selection - a choice from

Freshly Battered Hoki

or

Breaded Pollock

Fish Fingers or

Baked Salmon Fish Fingers

Quorn Dippers or Vegan Nuggets

Oven Baked or Deep-Fried Chips

Baked Beans, Garden or Mushy Peas

Jacket Potatoes with a selection of
fillings

Selection of Sandwiches and
Handheld Snacks

Cakes, Yoghurt, Cookies and Fruit

Mexican

Chilli Beef Taco

Chilli Mince Beef
served in a toasted corn taco
with guacamole and salsa

Vegetable Burrito

Sliced sautéed vegetables,
in a tasty tomato sauce, wrapped in a tortilla
smothered in cheese sauce and baked in the oven

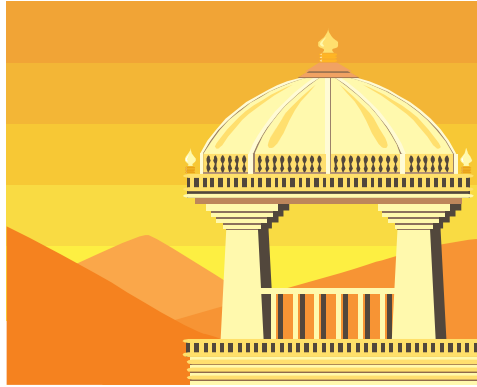
Chicken Fajita

Sliced sautéed chicken strips with vegetables,
Sauteed in fajita spices in a tortilla wrap with
Lime yoghurt, shredded lettuce and tomato salsa

Boiled fluffy rice
Corn on the Cob



Indian Theme Lunch



Chicken Balti

Lamb Korma

Beef Jalfrezi

Spinach and Chick Pea Rogan Josh

Served with either

Naan Bread

Boiled Rice

Bombay Potatoes

Tomato and Onion Salad

Sag Aloo

Mango Chutney



American Theme Lunch

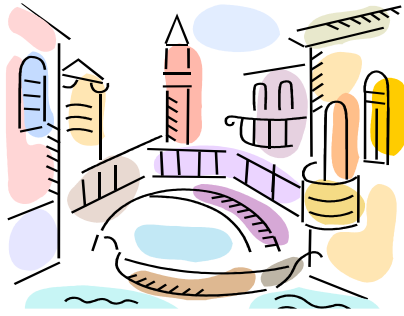
Southern Fried Chicken
with Corn Fritters
Quorn Chilli Dog
Oven Cooked Burger

Served in a bun with a choice of toppings and
sides

Grated Cheese
Coleslaw
Shredded Lettuce
Onion Rings
Tomato Slices

Baked Beans
Fries

Italian Lunch



Spaghetti with Tomato and Basil Sauce

Chicken Arrabiata
with diced potatoes

Lasagne al Forno

Focaccia Bread with Rosemary and Garlic
Spinach sauté with lemon

Mixed Salad, Tomato and Onion Salad

Halloween Lunch

28th October 2022

Fiendish Cauldron of Mince

With wriggly worms

(Savoury Mince with Pasta)

Ghouls Fingers with Sludge

(Sausage and Mashed Potato with Gravy)

Cheesy Maggot Bake

(Macaroni Cheese with Leeks)

Devils Eye Pizza

Spiders Eggs

(Baked Beans in Tomato Sauce)

Witches Brew

Mixed vegetable selection

'Death' by Chocolate with

Pond Slime Sauce

(Chocolate sponge Squares with Mint Custard)

Halloween Cupcakes



28ain Hydref 2022

Crochan Ddieflig o Friwrig

Mwydod Troellog

(Briwrig Sawrus gyda phasta)

Bysedd Ellyllon gyda Llaidd

Selsig a Tatws Hufenog hefo Grefi

Cynrhon Cawslyd

Macaroni Caws a Cennin

Pitsa Llygad y Diafol

Wyau Pryfaid Cop

Ffa Pôb mewn saws Tomato

Crochan Gwrachod

Llysiau Cymysg

Siocled Anfarwol a Saws Llysnafedd

Cacen Siocled a Cwstard Blas Mint

Cacen Calan Gaeaf

