

V Vegetarian
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Week 1



Monday

Homemade Sausage Roll *Farm Assured Pork Sausage encased in Puff Pastry*

Cheese Puff *Creamed Potato, Mature Cheese encased in Puff Pastry* V

Oven Baked Diced Potatoes, Baked Beans, Green Beans, Seasonal Salad Selection, Homemade Bread Selection

Homemade Cookie Selection

Thursday

Chicken Korma *Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce*

Stir Fry Vegetables *Quorn Pieces & Vegetables stirred in a Chinese Sauce* V

Boiled Rice, Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Iced Sponge Finger

Tuesday

Homemade Chicken Pie *Tender pieces of Farm Assured Chicken in a sauce topped with Puff Pastry*

Vegetarian Sausage V

Baby New Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Strawberry & Vanilla Swirl Mousse

Wednesday

Traditional Roast with Rich & Tasty Gravy *Farm Assured Sliced meat*

Oven Roasted Vegetables *Seasonal Vegetables & Mixed Beans served in a Yorkshire Pudding* V

Roast Potatoes, Creamed Potato, Broccoli, Fresh Carrots, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Seasonal Fresh Fruit Salad topped with Fruit Yoghurt

FUN FOOD FACTS

The word 'broccoli' is the plural of 'broccolo' which is Italian for the flowering top of a cabbage. According to a survey in 2009, broccoli is the sixth most commonly misspelt word in English.



Week 2



Monday

Pork Sausage *Farm Assured Pork Sausage with a Rich & Tasty Gravy*

Vegetarian Sausage V

Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Chocolate & Vanilla Swirl Mousse

Tuesday

Vegetable & Bean Pasta Bake *Pasta, Vegetables & Mixed Beans in a Rich Tomato Sauce topped with Mature Cheese* V

Vegetarian Pizza *Deep Crust Base* V

Jacket Wedges, Big Seasonal Salad Selection, Homemade Garlic Bread

Chocolate Crunch

Wednesday

Traditional Roast with Rich & Tasty Gravy *Farm Assured Sliced meat*

Oven Roasted Vegetables *Served in a Yorkshire Pudding with Mixed Beans* V

Roast Potatoes, Creamed Potato, Fresh Carrots, Broccoli, Diced Swede, Seasonal Salad Selection, Homemade Bread Selection

Jam Tart & Custard

Thursday

Gluten Free Pork Meatballs in Gravy *Pork Meatballs served with a Rich & Tasty Gravy*

Creamy Cheese Sauce *Served on top of Pasta Twists* V

Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Flapjack



eatwell

The Eatwell project supports the Let's Dine ethos by cooking healthy, simple ingredients with the children.

Friday

Battered Fillet of Fish *White Fillet coated in a light batter* or **Fish Finger** *Fillet of Fish coated in a Crispy Breadcrumbs*

Quorn Dippers V

Chips, Lemon Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Muffin Selection

Week 3



Monday

Pizza Bar *Selection of Topped Pizzas with a Deep Crust Base* V

Big Seasonal Salad Selection *to include Rice & Pasta Salad, Homemade Bread Selection*

Chocolate Iced Sponge

Tuesday

Beef Bolognese *Farm Assured Fresh Minced Beef cooked in a Rich Tomato based Sauce*

Spicy Bean Stroganoff Wrap V

Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Golden Shortbread

Wednesday

Traditional Roast with Rich & Tasty Gravy *Farm Assured Sliced meat*

Oven Roasted Vegetables *Served in a Yorkshire Pudding & topped with Mature Cheese* V

Roast Potatoes, Creamed Potato, Fresh Carrots, Cauliflower, Cabbage, Homemade Bread Selection

Jelly with a Swirl of Cream

Thursday

Homemade Beef Burger *Farm Assured Handmade Minced Beef burgers served in a soft sliced bread roll*

Vegetable Burger *Served in a soft sliced Bread Roll* V

Jacket Wedges, Baked Beans, Sweetcorn, Seasonal Salad Selection, Coleslaw, Soft Bread Roll

Seasonal Fresh Fruit Salad topped with Fruit Yoghurt

Friday

Battered Fillet of Fish *White Fillet coated in a light batter* or **Fish Finger** *Fillet of Fish coated in a Crispy Breadcrumbs*

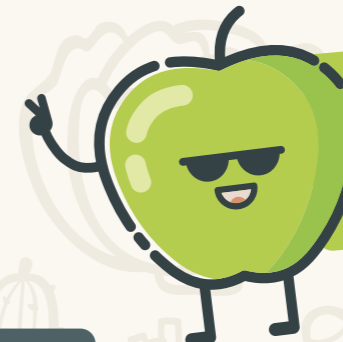
Vegetable Nuggets V

Chips, Mixed Pepper Couscous, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream

FUN FOOD FACTS

Apples float in water, because 25% of their volume is made of air. The most-grown apple is Red Delicious. Followed by Gala, Golden Delicious, Granny Smith, and Fuji.



Fresh Fruit available daily. Cheese & Crackers available Monday, Wednesday & Friday. Individual Yoghurts available Tuesday & Thursday. All items subject to availability.