

V Vegetarian
 Ve Vegan
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Week 1



Monday

Chicken Curry Tender pieces of Farm Assured Chicken in a Chefs Curry Sauce

Vegetable Curry Seasonal Vegetables in a Chefs Curry Sauce **V**

Mixed Rice, Seasonal Vegetable Selection, Big Seasonal Salad Selection, Homemade Bread Selection, Pitta Bread

Chocolate & Vanilla Swirl Mousse

Wednesday

Homemade Chicken Dunkers Farm Assured Chicken coated in a Natural Breadcrumbs

Quorn Dunkers Quorn pieces coated in a light batter & baked **V**

Jacket Wedges, Pasta, Seasonal Salad Selection, Seasonal Vegetable Selection, Homemade Bread Selection

Iced Sponge

Tuesday

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

Pasta Twists, Baked Beans, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection

Fruit Crumble & Custard



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.

Week 2



Monday

Gluten Free Pork Meatballs Farm Assured Pork Meatballs served with a Rich & Tasty Tomato Sauce or Gravy

Vegetarian Meatballs served in a Rich & Tasty Tomato Sauce or Gravy **V**

Pasta, Farmhouse Mixed Vegetables, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream

Thursday

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

Vegetable Curry Seasonal Vegetables in a Chef's Curry Sauce **V**

Boiled Rice, Farmhouse Mixed Vegetables, Sweetcorn, Seasonal Salad Selection, Naan Bread

Shortbread & Chocolate Sauce

Tuesday

Homemade Toad in the Hole with Onion Gravy Farm Assured Pork Sausages in a Homemade Yorkshire Pudding

Homemade Quorn Toad in the Hole Quorn Sausage in a Homemade Yorkshire Pudding **V**

Creamed Potato, Garden Peas, Fresh Carrots, Big Seasonal Salad Selection, Homemade Bread Selection

Chocolate Brownie

Wednesday

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

Oven Roast Vegetables Served in a Yorkshire pudding & topped with Mature Cheese **V**

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

Jelly with a Swirl of Cream



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 **Salmon Fishcake**

Vegetable Enchilada Seasonal Vegetables and Mixed Bean Chilli wrapped in a floured Wrap and topped with a Rustic Tomato sauce and Cheese **V**

Chips, Couscous, Baked Bean, Sweetcorn, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Iced Muffin

Week 3



Monday

Sweet & Sour Chicken Farm Assured tender diced Chicken in a Chef's Sweet & Sour Sauce

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

Strawberry & Vanilla Swirl Mousse

Tuesday

Homemade Sausage Roll Farm Assured Pork Sausage encased in Puff Pastry

Vegetable Parcels Roast Vegetables encased in Puff Pastry **V**

Sliced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Fruit topped Cheesecake

Wednesday

Cottage Pie Farm Assured Minced Beef cooked with Seasonal Vegetables topped with Creamed Potatoes

Vegetable Bolognese Seasonal Vegetables in a Rich Tomato based Sauce **V Ve**

Diced Potato, Pasta, Carrots, Cauliflower, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection

Sponge & Custard

Thursday

Big Breakfast Farm Assured Bacon, Pork Sausage, Free Range Scrambled Egg **V**

Vegetarian Sausage **V Ve**

Hash Browns, Mushrooms, Baked Beans, Plum Tomatoes, Seasonal Salad Selection, Homemade Bread Selection

Butter Cream Iced Muffin

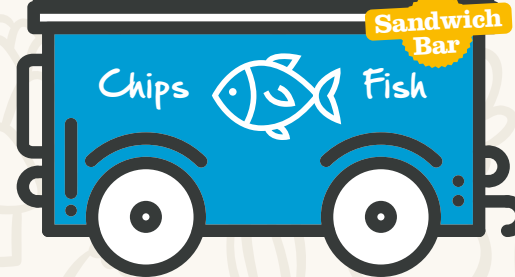
Chip Shop Friday

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

Cheese Pasty Creamed Potato & Mature Cheese encased in Puff Pastry **V**

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

Homemade Cookie Selection



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.



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