

V Vegetarian
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Week 1



Monday

Pizza Bar Selection of Topped Pizzas with a Deep Crust Base

Cheese and Tomato Pizza with a Deep Crust Base **V**

Jacket Wedges, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Homemade Cookie Selection

Tuesday

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

Vegetarian Bolognese Quorn Mince & Seasonal Vegetables cooked in a Rich Tomato based Sauce **V**

Pasta, Jacket Potato, Sweetcorn, Baked Beans, Homemade Bread Selection

Lemon Sponge with Custard



Wednesday

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

Roasted Quorn Fillet **V**

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

Fresh Fruit Tots, Fruit Yoghurts or Cheese & Crackers

Thursday

Chicken Dunkers Farm Assured Chicken coated in a Natural Breadcrumbs

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

Rice, Jacket Wedges, Green Beans, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection

Chocolate Crunch with Custard

Friday

Battered Fillet of Fish White Fillet coated in a light batter or **Salmon Fishcake**

Cheese and Potato Bake Creamed Potato & Cheese topped with sliced Tomatoes **V**

Chips, Lemon Couscous, Baked Beans, 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.

Week 2



Monday

Pork Sausages Farm Assured Pork Sausages

Vegetarian Sausage **V**

Hash Browns, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Flapjack

Tuesday

Homemade Beef Burgers Handmade Farm Assured Minced Beef Burger in a Soft Bread Roll

Vegetarian Burger Served in a Soft Bread Roll **V**

Jacket Wedges, Big Seasonal Salad Selection, Tomato Sauce, Homemade Bread Selection

Chocolate & Orange Cupcake

Wednesday

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

Roasted Quorn Fillet **V**

Roast Potatoes, Creamed Potato, Carrots, Parsnips, Garden Peas, Cauliflower, Seasonal Salad Selection, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream



Thursday

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

Vegetarian Balls **V**

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

Iced Sponge & Custard



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

Cheese and Potato Bake Creamed Potato & Cheese topped with sliced Tomatoes **V**

Chips, Boiled Rice, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Homemade Cookie Selection

Week 3



Monday

Pizza Bar Selection of Topped Pizzas with a Deep Crust Base

Vegetable Nuggets **V**

Boiled Rice, Hash Browns, Big Seasonal Salad Selection, Homemade Bread Selection

Strawberry Sponge & Custard

Tuesday

Chicken Goujons Tender pieces of Chicken in a light batter

Vegetable Crumble Seasonal Vegetable & Mixed Beans with a Crumble topping **V**

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

Golden Shortbread

Wednesday

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

Roasted Quorn Fillet **V**

Roast Potatoes, Creamed Potato, Carrots, Roasted Parsnips, Broccoli & Cauliflower, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Mousse Selection

Thursday

Sausage Rolls Farm Assured Sausage encased in Puff Pastry

Cheese Puff Mature Cheese & Onion encased in Puff Pastry **V**

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

Iced Chocolate Sponge & Custard

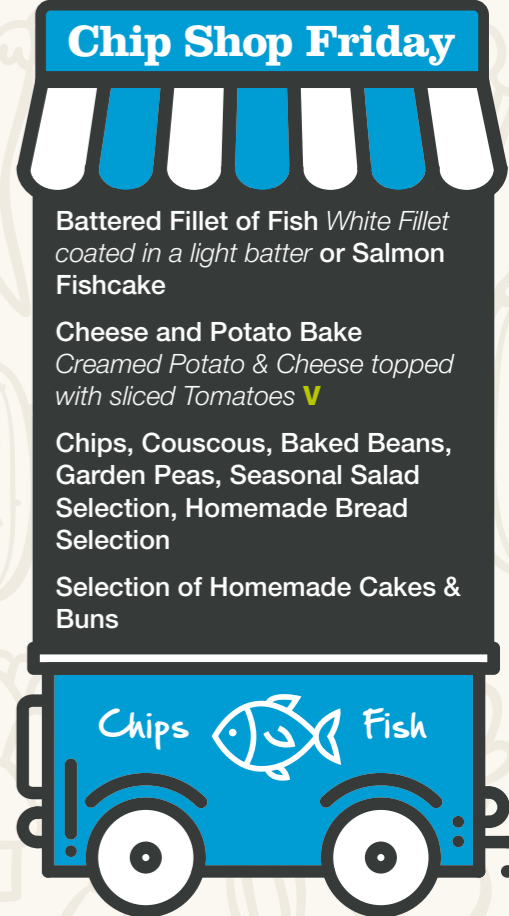
Chip Shop Friday

Battered Fillet of Fish White Fillet coated in a light batter or **Salmon Fishcake**

Cheese and Potato Bake Creamed Potato & Cheese topped with sliced Tomatoes **V**

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

Selection of Homemade Cakes & Buns



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.