

V Vegetarian
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Week 1



Sandwich Bar Monday

Pizza Bar Selection of Topped Pizzas with a Deep Crust Base

Vegetarian Pizza Wraps V

Pasta Twists, Big Seasonal Salad Selection, Homemade Bread Selection

Tiger Sponge & Custard

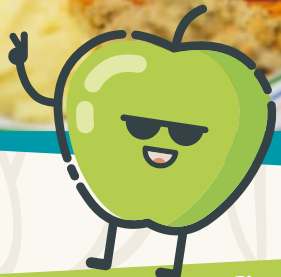
Sandwich Bar Tuesday

Red Tractor Beef Bolognaise Farm Assured Fresh Minced Beef cooked in a Rich Tomato based Sauce **or** **Lasagne** Farm Assured Fresh Minced Beef cooked in a Rich Tomato based Sauce, layered with pasta sheets & topped with Mature Cheese Sauce

Vegetable Chilli Seasonal Fresh Vegetables cooked in a Chefs Chilli Sauce V Ve

Spaghetti, Seasonal Vegetables, Seasonal Salad Selection, Garlic Bread

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.

Sandwich Bar Wednesday

Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced Meat

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

Roast Potatoes, Creamed Potato, Garden Peas, Cabbage, Carrots, Homemade Bread Selection

Iced Lemon Biscuit

Sandwich Bar Thursday

Homemade Chicken Dunkers Farm Assured Chicken coated in a Natural Breadcrumb served with BBQ Sauce or Curry Sauce **or** **BBQ Chicken** Farm Assured Chicken cooked in a BBQ Sauce topped with Cheese

Cheesy Pasta Pasta in a creamy Cheese Sauce topped with Sliced Tomato V

Savoury Rice, Baby Jackets, Seasonal Vegetables, Seasonal Salad Selection, Homemade Bread Selection

Chocolate & Vanilla Swirl Mousse

Sandwich Bar Friday

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

Roasted Vegetable Flan Seasonal Roasted Vegetables in a Short Crust Pastry Flan V

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

Rice Pudding with Coulis or Sultanas

Week 2



Sandwich Bar Monday

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

Vegetarian Sausage V Ve **or** **Cheesy Pasta Bake** V

Creamed Potatoes, Cabbage, Mixed Vegetables, Seasonal Salad Selection, Homemade Bread Selection

Homemade Cookie Selection



Sandwich Bar Tuesday

Beef Burgers Handmade Farm Assured Minced Beef Burger served in a soft bread roll

Crispy Garlic Bake Selection of seasonal vegetables cooked with garlic & herbs topped with French Bread slices V

Jacket Wedges, Seasonal Vegetables, Seasonal Salad Selection, Soft Bread Roll

Iced Sponge with Sprinkles & Custard

Sandwich Bar

Available daily by pre order

Sandwich Bar Wednesday

Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced Meat

Quorn Parcels Diced Quorn & Roast Vegetables encased in Puff Pastry V

Roast Potatoes, Potato & Swede Mash, Baton Carrots, Broccoli & Cauliflower, Homemade Bread Selection

Danish Pastry or Coconut Cookie

Sandwich Bar Thursday

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

Pasta Neapolitan Pasta & seasonal vegetables in a rich tomato sauce topped with mature Cheese V

Brown or White Rice, Sweetcorn, Mint Dip, Seasonal Salad Selection, Homemade Bread Selection, Pitta Bread Slice

Cupcake with a Swirl of Cream

Sandwich Bar Friday

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

Homemade Vegetable Croquettes Seasonal Vegetables & Creamed Potato coated in breadcrumbs & oven baked V Ve

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

Cook's Choice of Dessert

Week 3



Sandwich Bar Monday

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

Homemade Cheese, Onion & Potato Twists Mature Cheese, diced onion and creamed potato encased in Puff Pastry V

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

Chocolate Cake & Chocolate Sauce

Sandwich Bar Tuesday

Pizza Bar Selection of Topped Pizzas with a Deep Crust Base

Vegetable & Mixed Bean Bake Roasted Vegetables with a Trio of Beans in a Tomato sauce topped with a Savoury Crumb V

Jacket Wedges, Couscous, Big Salad Bar, Homemade Bread Selection

Chocolate Crunch or Shortbread Cookie

Sandwich Bar Wednesday

Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced Meat

Vegetable Stew A selection of seasonal Fresh Vegetables & Mixed Beans cooked in a tasty vegetarian gravy V Ve

Roast Potatoes, Creamed Potatoes, Broccoli & Cauliflower, Garden Peas, Carrots, Homemade Bread Selection

Iced Fruit Muffins or Apple Tray Bake & Cream

Sandwich Bar Thursday

Cowboy Pie or Gluten Free Meatballs Pork Meatballs served in a Rich Tomato Sauce

Vegetable Pasty Diced Potatoes, Leeks & carrots encased in Puff pastry V

Baby Roasted Potatoes, Pasta Twists, Seasonal Vegetables, Seasonal Salad Selection, Homemade Chunky Bread

Let's Dine Fresh from the Farm Ice Cream



Chip Shop Friday
Battered Fillet of Fish White Fillet coated in a light batter **or** **Fish Finger** Fillet of Fish coated in a Crispy Breadcrumb

Homemade Savoury Muffin V **or** **Cheesy Whirls** Creamed Potato & Mature Cheese encased in Puff Pastry V

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

Syrup Sponge & Custard



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.