

V Vegetarian
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Week 1



Monday

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

Vegetarian Sausage **V Ve**

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

Marble Sponge & Chocolate Sauce

Tuesday

Gluten Free Meatballs Pork Meatballs served in a Rich Tomato Sauce or Gravy

Quorn Balls with Gravy or Tomato Sauce **V Ve**

Pasta Twists, Seasonal Vegetable Selection, 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.

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 Ve**

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

Homemade Fruity Muffins

Thursday

Mexican Wrap Day With Choice of fillings Soft Tortilla Wrap with a selection of fillings **Beef Chilli, Spicy Chicken**

Roasted Vegetable & Mixed Bean in a Rich Tomato based Sauce **V Ve**

Seasonal Vegetable Selection, Seasonal Salad Selection

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

Friday

Fish Finger Fillet of Fish Coated in a Crispy Breadcrumbs or Salmon Fishcake

Cheese & Tomato Pasta Bake Pasta Twists & Seasonal Vegetables in Rich Tomato based Sauce **V**

Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Homemade Biscuit Selection

Week 2



Monday

Pork Sausage Farm Assured Pork Sausage served with Onion Gravy

Vegetarian Sausage Vegetarian Sausage served with Onion Gravy **V Ve**

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

Homemade Iced Sponge

Tuesday

Ham, Cheese & Tomato Pizza Thin Pizza Base Topped with Grated Cheese & Tomato Sauce

Cheese & Tomato Pizza Thin Pizza Base Topped with Grated Cheese & Tomato Sauce **V**

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

Homemade Shortbread

Wednesday

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

Mixed Bean & Vegetable Parcels Trio of Beans & Roast Seasonal Vegetables encased in Puff Pastry

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

Fruit Jelly with a Swirl of Cream

Thursday

Homemade Chicken Dunkers Farm Assured Chicken coated in a Natural Breadcrumbs served with BBQ Sauce or Sweet & Sour Sauce

Quorn Dunkers Quorn pieces coated in a light batter & baked with BBQ or Sweet & Sour Sauce **V**

Savoury Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Fruit Crumble & 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 Fish Fillet coated in a light Batter or **Fish Finger** Fillet of Fish Coated in a Crispy Breadcrumbs

Cheese & Potato Pie Grated Cheese & Creamed Potato with a Short Crust Pastry base **V**

Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Homemade Fruity Flapjack

Week 3



Monday

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

Vegetarian Sausage **V Ve**

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

Homemade Biscuit Selection

Tuesday

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

Macaroni Cheese Macaroni Pasta in a Chef's Creamy Cheese Sauce **V**

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

Fruit Sponge & Custard

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 Ve**

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

Let's Dine Fresh From the Farm Ice Cream

Thursday

Chicken Curry or Sweet & Sour Chicken Farm Assured Diced Chicken served with a choice of a Chef's Curry or Sweet & Sour Sauce

Vegetable Curry Seasonal Vegetables Trio of Beans in a Chef's Curry Sauce **V Ve**

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

Homemade Flapjack

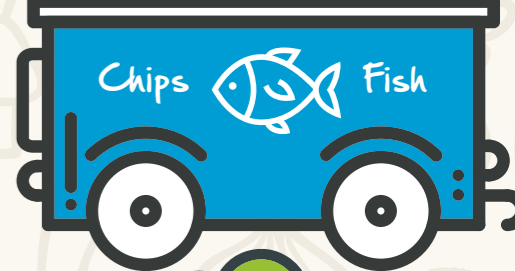
Chip Shop Friday

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

Cheese & Tomato Bake Creamed Potato with Mature Cheese topped with Sliced Tomatoes **V**

Chips, Lemon Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Fruit Cupcakes



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.