



V Vegetarian  
 Ve Vegan  
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# Week 1



## Monday

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

**Vegetarian Sausage, Free Range Scrambled Egg** **V**

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

**Marble Sponge & Chocolate Sauce**

## Wednesday

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

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

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

**Muffin Selection**

## Tuesday

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

**Vegetarian Balls** Served with Gravy or Tomato Sauce **V**

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

**Let's Dine Fresh from the Farm Ice Cream**

## Thursday

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

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

**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

**Pasta Neapolitan** A Rich Tomato based Sauce & Seasonal Vegetables with Pasta Twists **V**

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

**Homemade Cookie Selection**



### 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 Sausage** Farm Assured Pork Sausage served with Onion Gravy

**Vegetarian Sausage** Served with Onion Gravy **V**

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

**Homemade Iced Sponge**

## Tuesday

**Pizza Selection** Thin Pizza Base with a selection of toppings

**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

**Quorn & Roasted Vegetable Parcel** Diced Quorn & Roast Seasonal Vegetables encased in Puff Pastry **V**

**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 Puff** Grated Cheese & Creamed Potato encased in Puff Pastry **V**

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

**Homemade Fruit Flapjack**

# Week 3



## Monday

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

**Vegetarian Sausage, Free Range Scrambled Egg** **V**

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

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

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

**Let's Dine Fresh From the Farm Ice Cream**

## Thursday

**Sweet & Sour Chicken or BBQ Chicken** Farm Assured Diced Chicken served with a choice of a Sweet & Sour or BBQ Sauce

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

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

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

**Cupcake 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.**