

V Vegetarian
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Week 1

Sandwich Bar Monday

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

Vegetarian Balls *served in a Rich Tomato Sauce or Gravy* V

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

Let's Dine Fresh from the Farm Ice Cream

Sandwich Bar Tuesday

Chicken Curry *Farm Assured diced Chicken pieces served in a Chef's Curry Sauce*

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

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

Homemade Sponge & Custard

Sandwich Bar Wednesday

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

Homemade Cheese Puff *Creamed Potato, Mature Cheese encased in Puff Pastry* V

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

Homemade Cookie Selection

Sandwich Bar Thursday

Beef Burger *Handmade Farm Assured Beef Burger*

Vegetarian Burger V

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

Muffin Selection

Sandwich Bar Friday

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

Vegetable Nuggets V

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

Homemade Rice Pudding with Fruit Compote



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

Sandwich Bar Monday

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

Vegetarian Bolognese *Seasonal Vegetables in a Rich Tomato Sauce* V

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

Let's Dine Fresh from the Farm Ice Cream

Sandwich Bar Tuesday

Chicken Strips with BBQ or Sweet & Sour Sauce *Farm Assured Chicken served with BBQ or Sweet & Sour Sauce*

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

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

Fruit Crumble & Custard

Sandwich Bar Wednesday

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

Oven Roasted Vegetables *Mixed Beans Served in a Yorkshire Pudding* V

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

Iced Sponge

Sandwich Bar Thursday

Pizza Bar *Cheese & Tomato Pizzas on a Deep Crust Base with a Selection of Toppings* V

Cheese & Tomato Pizza V

Jacket Potato Wedges, Seasonal Vegetable Selection, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection

Homemade Cookie Selection

eatwell

The Eatwell project supports the Let's Dine ethos by cooking healthy, simple ingredients with the children.

Sandwich Bar Friday

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

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

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

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

Sandwich Bar

Available daily by pre order

Week 3

Sandwich Bar Monday

Beef Chilli *Tender Farm Assured Minced Beef in a Rich & Mild Spicy Tomato Sauce*

Vegetable Chilli *Selection of Seasonal Vegetables cooked in a Rich Tomato based Sauce with added spices* V

Jacket Potato, Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

Sandwich Bar Tuesday

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

Vegetarian Sausage V

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

Homemade Sponge & Custard

Sandwich Bar Wednesday

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

Homemade Cheese Puff *Creamed Potato, Mature Cheese encased in Puff Pastry* V

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

Muffin Selection

Sandwich Bar Thursday

Chicken Strips with BBQ or Tomato Sauce *Farm Assured Chicken served with a BBQ or Rich Tomato Sauce*

Vegetarian Bolognese *Selection of Seasonal Vegetables and Mixed Beans cooked in a Rich Tomato based Sauce* V

Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Pitta Bread

Fruit Jelly with a Swirl of Cream

Chip Shop Friday

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

Pasta Neapolitan *Pasta & Vegetables in a Rich Tomato Sauce topped with Mature Cheese* V

Chips, Lemon Couscous, Seasonal Vegetable Selection, 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.