

V Vegetarian
 Ve Vegan
 H Halal

Week 1



Monday

Pizza with Selection of toppings

Cheese & Tomato Pizzas on a Deep Crust Base with a Selection of Toppings or Cheese & Tomato Pizzas **V H**

Potato Wedges, Baked Beans, Peas, Big Seasonal Salad Selection

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

Wednesday

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

Vegetarian Toad in The Hole Yorkshire Pudding filled with Vegetarian Sausage served with Gravy **V**

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection

Fruit Salad

Tuesday

Beef Bolognese Fresh Minced Beef cooked in a Rich Tomato based Sauce with Garlic Bread

Mac and Cheese with Garlic Bread **V H**

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

Iced Sponge

Thursday

Farm Assured Diced Chicken in a Chef's Curry Sauce Served with Naan Bread

Vegetarian Meatballs with Tomato Sauce **V H**

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

Chocolate Sponge and Custard

Friday

Crispy Fillet of Fish Fillet of Fish Coated in a Crispy Batter or Salmon Fishcake **H**

Mixed Bean, Mushroom & Tomato Pasta Bake Roasted Vegetables with Mixed Beans in a Tomato Sauce topped with a Savoury Crumb **V H**

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

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

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

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

Potato Waffles, Baked Beans, Mushrooms, Plum Tomatoes, Seasonal Salad Selection, Homemade Bread Selection

Fruit Salad

Tuesday

Chicken Pie Farm Assured diced Chicken in Gravy with a Puff Pastry Crust

Quorn and Vegetable Pie Vegetables and diced Quorn in a Vegetarian Gravy encased in a Filo Pastry Crust **V H**

Mashed Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream

Wednesday

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

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

Roast Potatoes, Baby New Potatoes, Seasonal Vegetable Selection

Cookie Selection

Thursday

Pizza with Selection of toppings **H**

Cheese & Tomato Pizzas **V**

Diced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection

Marble Sponge and Custard



eatwell

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

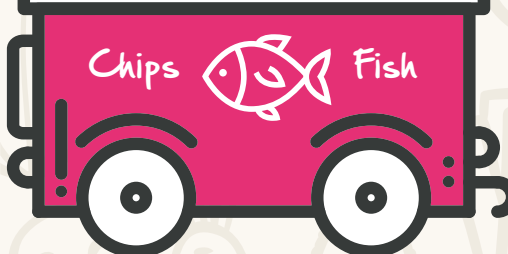
Chip Shop Friday

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

Tomato Pasta Bake Roasted Vegetables with Mixed Beans in a Tomato Sauce **V H**

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

Cupcake Selection



Week 3



Monday

Pork Sausage Farm Assured Pork Sausages or Sausages **H**

Vegetarian Sausages **V**

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

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

Tuesday

Taco Tuesday Crispy Taco shell filled with Mexican Beef or Chicken

Cheese and Tomato Pizza **V H**

Potato Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection

Chocolate Cake & Peppermint Custard

Wednesday

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

Cheese & Egg Flan Grated Cheese, Egg & Milk baked in a pastry case **V**

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection

Strawberry Shortbread

Thursday

Pork Meatballs Farm Assured Pork Meatballs served in Gravy or Tomato Sauce

Quorn Pasta Bake Quorn Pieces cooked in a Rich Tomato based Sauce & mixed with Pasta Twists and baked **V H**

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

Apple Crumble & Custard

Friday

Crispy Chicken Nuggets

Vegetable Nuggets **V H**

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

Muffin 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.