

V Vegetarian
 Ve Vegan
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Week 1



Monday

Pizza Day - Selection of Topped Pizzas with a Thin & Crispy Base **V**

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

Iced Sponge

Tuesday

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

Vegetarian Bolognese *Selection of Seasonal Vegetables served in a Rich Tomato Sauce **V***

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

Fruit Sponge



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

Fruit Crumble & Custard

Thursday

Big Breakfast *Farm Assured Pork, Sausage, Back Bacon*

Vegetarian Sausage **V**

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

Homemade Cookies

Friday

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

Vegetable Pasta Bake *Seasonal Vegetables in a Rich Tomato Sauce with Pasta **V***

Chips, Couscous, Garden Peas, Baked Beans, 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.



Week 2



Monday

Chicken Curry *Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce*

Pasta Neapolitan *Fusilli Pasta in a Homemade Tomato Sauce & Mature Cheese **V***

Pasta Twists, Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Pitta Bread, Poppadum's

Marble Sponge & Custard

Tuesday

Big Breakfast - *Farm Assured Pork Sausage, Back Bacon*

Vegetarian Sausage **V**

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

Jelly with a Swirl of Cream

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 & Creamed Potatoes, Seasonal Vegetable Selection, Homemade Bread Selection

Homemade Flapjack

Thursday



Homemade Beef Burgers *Handmade Farm Assured Minced Beef Burger on a Soft Bread Roll with Cheese, Onion & Tomato Sauce*

Vegetarian Burger **V**

Herby Diced Potatoes, Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Soft Bread Roll or Finger Roll

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse



eatwell

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

Friday

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

Vegetable & Bean Pasta Bake *Pasta & Vegetables in a Rich Tomato Sauce topped with Mature Cheese **V***

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

Muffin Selection

Week 3



Monday

Pork Sausage in a Yorkshire Pudding *Farm Assured Pork Sausages in a Homemade Yorkshire Pudding*

Vegetarian Sausage **V**

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

Muffin Selection

Tuesday

Pizza Bar *Selection of Topped Pizzas with a Thin & Crispy Base **V***

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

Homemade Cookies

Wednesday

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

Cheese & Potato Bake **V**

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

Chocolate & Pear Sponge & Custard

Thursday

Pasta Bar - *Pasta Twists topped with a sauce of your choice to include a Vegetarian option **V***

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

Let's Dine Fresh from the Farm Ice Cream

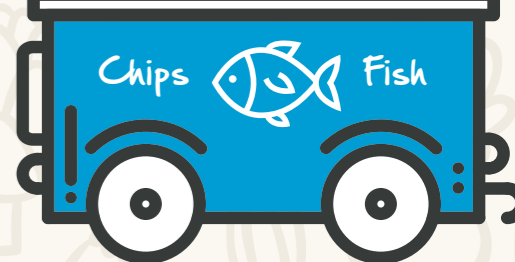
Chip Shop Friday

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

Pasta Neapolitan *Fusilli Pasta in a Homemade Tomato Sauce & Mature Cheese **V***

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

Danish Pastry or Cook's Cake



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.