

V Vegetarian
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Week 1



Monday

Toad in the Hole Farm Assured Pork Sausage Served in a Yorkshire Pudding

Vegetarian Toad in the Hole Vegetarian Sausage Served in a Yorkshire Pudding **V**

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

Homemade Cookie Selection

Tuesday

Chicken Curry or Chicken in Tomato & Basil Sauce Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce or in a Rich Tomato Sauce

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

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

Strawberry & Vanilla Swirl Mousse or Chocolate & Vanilla Swirl Mousse



Wednesday

Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced meat

Vegetable & Bean Parcel Mixed Beans, Seasonal Vegetables encased in Puff Pastry **V**

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

Rice Pudding & Fruit

Thursday

Beef Bolognaise Farm Assured Minced Beef in a Rich Tomato Sauce

Shepherdess Pie Quorn Mince & Seasonal Vegetables in a Tasty Gravy topped with Creamed Potato **V**

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

Muffin Selection

Friday

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

Vegetable & Bean Pasta Bake Roasted Vegetables with Mixed Beans in a Rich Tomato Sauce topped with a Savoury Crumb **V**

Chips, Creamed Potato, 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.

Week 2



Monday

Gluten Free Pork Meatballs Farm Assured Pork Meatballs served with a Rich & Tasty Gravy

Vegetarian Balls served in a Rich & tasty Gravy **V**

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

Muffin Selection

Tuesday

Chicken Dunkers Farm Assured Chicken coated in Breadcrumbs & Oven baked served with BBQ Sauce or Sweet & Sour Sauce

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

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

Fruit Jelly with a Swirl of Cream

Wednesday

Traditional Roast with 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

Golden Shortbread

Thursday

Pork Sausage Farm Assured Pork Sausage with a Rich & Tasty Gravy

Vegetarian Sausage Vegetarian Sausage with a Rich & Tasty Gravy **V**

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

Fruit Crumble & Custard



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

Friday

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

Vegetable Fingers **V**

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

Let's Dine Fresh from the Farm Ice Cream

Week 3



Monday

Pasta Neapolitan Vegetables & Tomato Sauce topped with Cheese **V**

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

Homemade Chocolate Crunch

Tuesday

Beef Chilli Farm Assured Minced Beef cooked in a Tomato & Mild Chilli Sauce or **Beef Hotpot** Farm Assured Beef with Seasonal Vegetables topped with Sliced Potatoes

Mixed Bean & Vegetable Hot Pot Mixed Beans and Seasonal Vegetables in a Rich & Tasty Gravy topped with Sliced Potatoes **V Ve**

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

Chocolate Sponge & Peppermint Custard

Wednesday

Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced meat

Macaroni Cheese Macaroni Pasta in a Chef's Cheese Sauce topped with Sliced Tomatoes **V**

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

Strawberry & Vanilla Swirl Mousse

Thursday

Pork Sausage Farm Assured Pork Sausage

Vegetarian Sausage **V**

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

Fruit topped Cheesecake

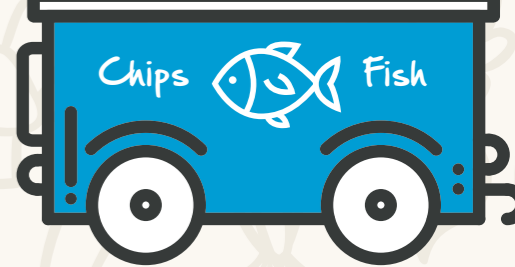
Chip Shop Friday

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

Vegetable & Bean Pasta Bake Roasted Vegetables with Mixed Beans in a Rich Tomato Sauce topped with a Savoury Topping **V**

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

Let's Dine Fresh From the Farm Ice Cream



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.