

V Vegetarian
 Ve Vegan
 H Halal

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 Ve**

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

Homemade Biscuit

Wednesday

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

Mixed Bean & Vegetable Parcels *Trio of Beans, Seasonal Vegetables and Rich & Tasty Gravy encased in Puff Pastry* **V Ve**

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

Rice Pudding & Fruit

Tuesday

Chicken Curry or Chicken in tomato & Basil sauce *Tender pieces of Farm Assured Chicken in a Chefs Curry Sauce or In a Rich Tomato Sauce*

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

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

Strawberry & Vanilla Swirl Mousse or Chocolate & Vanilla Swirl Mousse

Thursday

Beef Bolognaise *Farm Assured Red Tractor Minced Beef in a Rich Tomato Sauce*

Vegetarian Cottage Pie *Seasonal Vegetables in a Tasty Gravy topped with Creamed Potato* **V Ve**

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

Homemade Fruity Muffin

Friday

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

Mixed Bean & Tomato Pasta Bake *Roasted Vegetables with a Trio of Beans in a Rich Tomato Sauce topped with a Savory Crumb* **V Ve**

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 Meatballs *served in a Rich & Tasty Gravy* **V**

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

Fruity Muffins

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 Roast Vegetables *Served in a Yorkshire Pudding & topped with Mature Cheese* **V Ve**

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

Homemade 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

Cheese & Tomato Pasta Bake *Rich Tomato Sauce topped with Cheese* **V**

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

Homemade Chocolate Crunch

Tuesday

Mild 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*

Vegetable Hot Pot *Trio of 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

Homemade Chocolate Sponge & Mint 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 Ve**

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

Fruit 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*

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

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.