



V Vegetarian  
 Ve Vegan  
 H Halal

# Week 1



## Monday

**Pizza Bar** Selection of Topped Pizzas with a Deep Crust Base

Pasta, Baked Beans, Sweetcorn, Big Seasonal Salad Selection, Garlic Bread

Strawberry & Vanilla Swirl Mousse

## Tuesday

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

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

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

Jam Sponge & Custard



## 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, Fresh Carrots, Broccoli, Homemade Bread Selection

Golden Shortbread

## Thursday

**Big Breakfast** Farm Assured Pork Sausage & Middle Back Bacon

Vegetarian Sausage, Free Range Scrambled Egg V

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

Muffin Selection

## Friday

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

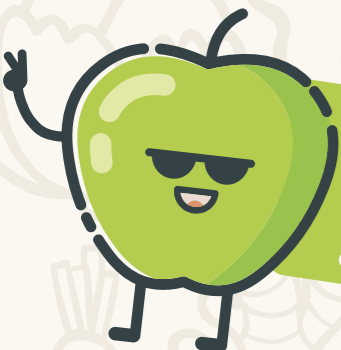
**Vegetable Pasta Bake** Roasted Vegetables and Mixed Beans in a Tomato Sauce V

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

**Beef Bolognese** Fresh Minced Beef cooked in a Rich Tomato based Sauce

Vegetarian Bolognese V

Spaghetti, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Cookie Selection

## Tuesday

**Toad in the Hole** Pork Sausage served in a Yorkshire Pudding

Cheese Flan V

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

Iced Sponge

## Wednesday

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

Vegetable & Bean Parcel V

Roast Potatoes, Creamed Potato, Fresh Carrots, Broccoli, Homemade Bread Selection

Jelly with a Swirl of Cream

## Thursday

**Homemade Chicken Dunkers** Farm Assured Chicken Strips in Golden Bread Crumbs With BBQ Sauce

Vegetable Nuggets V

Boiled Rice, Sweetcorn, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Chocolate Sponge & Custard



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 **Fish Finger** Fillet of Fish coated in a Crispy Breadcrumbs

**Pasta Neapolitan** Seasonal Vegetables in a Rich Tomato Sauce Topped with Cheese V

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

Fruit Flapjack

# Week 3



## Monday

**Pizza Bar** Selection of Topped Pizzas with a Deep Crust Base

Jacket Wedges, Baked Beans, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection

Chocolate Shortbread

## Tuesday

**Gluten Free Pork Meatballs** Farm Assured Pork Meatballs served with a Rich Tomato Sauce

**Vegetarian Bolognese** Seasonal Vegetables & Mixed Beans cooked in a Rich Tomato based Sauce or **Chickpea Meatballs** V

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

Iced Muffin Selection

## Wednesday

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

**Roasted Vegetable Parcel** Roast Vegetables encased in Puff Pastry V

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

Lemon Sponge & Custard

## Thursday

**Sweet & Sour Chicken** Farm Assured Chicken topped with a Chef's Sweet & Sour Sauce if required

**Vegetarian Sweet & Sour** Roasted Vegetables & Quorn Pieces topped with Sweet & Sour Sauce V

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

Jam Sponge & Custard

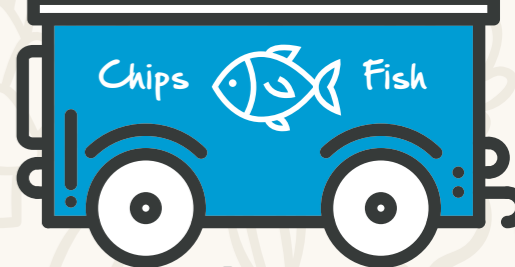
### Chip Shop Friday

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

Vegetable Nuggets V

Chips, Lemon Couscous, Baked Beans, Garden Peas, 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.