

V Vegetarian
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Week 1



Monday

Pork Sausages *Farm Assured Pork Sausages*

Vegetarian Sausages V

Creamed Potato, Fresh Carrots, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Lemon Sponge

Tuesday

Minced Beef Pasta Bake *Farm Assured Fresh Minced Beef cooked in a Rich Tomato based Sauce with Pasta*

Vegetarian Burger V

Jacket Wedges, Sweetcorn, Farmhouse Mixed Vegetables, 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.



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, Cauliflower, Homemade Bread Selection

Fruit topped Cheesecake

Thursday

Homemade Chicken Dunkers *Farm Assured Chicken coated in a Natural Breadcrumbs served with BBQ Sauce or Curry Sauce*

Quorn Dunkers *Quorn pieces coated in a light batter & baked* V

Homemade Herby Diced Potatoes, Baked Beans, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

Friday

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

Homemade Vegetable Croquettes V

Chips, Couscous, Sliced Fresh Carrots, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Iced Chocolate Cake with Chocolate Sauce

Week 2



Monday

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

Pasta Neapolitan *Pasta & Vegetables in a Rich Tomato Sauce topped with Mature Cheese* V

Pasta Twists, Baton Carrots, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Iced Sponge & Custard

Tuesday

Cheese Puffs V

Jacket Wedges, Mushrooms, Plum Tomatoes, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream

Wednesday

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

Vegetable & Bean Parcel *Roast Vegetables encased in Puff Pastry* V

Roast Potatoes, Creamed Potato, Fresh Carrots, Cauliflower, Garden Peas, Homemade Bread Selection

Homemade Ginger Cake & Lemon Sauce

Thursday

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

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

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

Chocolate Fudge Cake



eatwell

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

Stuffed Jacket Potato *Potato, Mushrooms & Spring Onion filled* **Potato Skins** *topped with Mature Cheese* V

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

Raspberry Buns

Week 3



Monday

Pasta Neapolitan V

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

Marble Sponge & Custard

Tuesday

Homemade Sausage Roll *Farm Assured Pork Sausage encased in Puff Pastry*

Homemade Cheese Puffs *Creamed Potato, Mature Cheese & Leek encased in Puff Pastry* V

Homemade Herby Diced Potatoes, Garden Peas, Swede, Carrots, Seasonal Salad Selection, Homemade Bread Selection

Chocolate Crunch

Wednesday

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

Cauliflower Cheese *Cauliflower florets cooked and served in a Chef's Creamy Mature Cheese Sauce* V

Roast Potatoes, Creamed Potato, Broccoli, Cauliflower, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Jelly with a Swirl of Cream

Thursday

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

Vegetable Chilli *Selection of Seasonal Vegetables cooked in a Rich Tomato based Sauce with added spices* V

Brown & White Rice, Sweetcorn, Farmhouse Mixed Vegetables, Seasonal Salad Selection, Sambals, Homemade Bread Selection

Homemade Carrot Cake

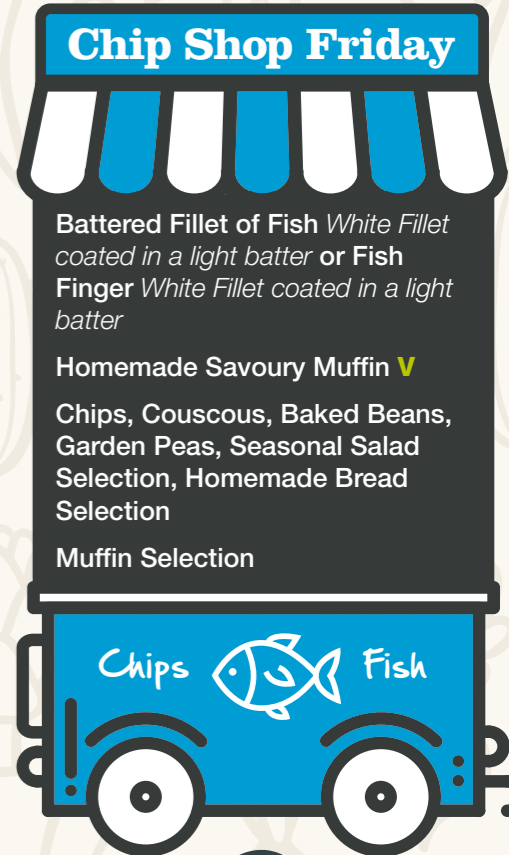
Chip Shop Friday

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

Homemade Savoury Muffin V

Chips, Couscous, Baked Beans, Garden Peas, 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.