



V Vegetarian  
Ve Vegan  
H Halal

# Week 1

## Monday

Pork Sausage with a Tasty Gravy  
*Farm Assured Sausage*

Vegetarian Sausage **V**

Creamed Potato, Baked Beans,  
Garden Peas, Seasonal Salad  
Selection, Bread

Vanilla Ice Cream

## Tuesday

Selection of Pizzas *to choose from*  
Cheese and Tomato, Ham and  
Pineapple, Diced Mixed Peppers

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

Cornflake Tart

## Wednesday

Traditional Roast of the Day with  
a Rich and Tasty Gravy *Farm*  
*Assured Sliced Meat*

Broccoli Bake or Tender Quorn  
Fillet **V**

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

Muffin Selection

## Thursday

Wrap Day – *Selection of* Ham, Egg  
**V**, Cheese **V** or Tuna filled Wrap

Pasta Twists, Big Seasonal Salad  
Selection, Bread

Iced Sprinkle Sponge

## Friday

Salmon Fishcake or Jumbo Fish  
Finger *White fillet of fish in Crispy*  
*Breadcrumbs*

Quorn Nuggets *Quorn pieces*  
*coated in a light batter and baked or*  
Cheese and Potato Bake **V**

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

A choice of Angel Delight Dessert

# Week 2

## Monday

Chicken Curry or Sweet and Sour  
Chicken *Farm Assured Chicken*

Vegetarian Curry or Quorn Sweet  
and Sour **V**

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

Vanilla Ice Cream

## Tuesday

Baked Potato Bar – Tuna, Grated  
Cheese **V**, Baked Beans **V**,

Macaroni Cheese or Cheese Flan **V**

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

Cook's Hot Pudding and Custard

## Wednesday

Traditional Roast of the Day with a  
Rich and Tasty Gravy *Farm Assured*  
*Sliced Meat*

Vegetarian Hotpot or Tender Quorn  
Fillet **V**

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

Flapjack

## Thursday

Chicken Burger in a Soft Floured  
Bap

Vegetarian Burger in a Soft Floured  
Bap **V**

Jacket Wedges, Big Seasonal  
Salad Selection, Bread

Chocolate Cake



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* Jumbo  
Fish Finger

Quorn Nuggets *Quorn pieces*  
*coated in a light batter and baked or*  
Cheese and Potato Bake **V**

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

Selection of Strawberry and  
Vanilla Swirl Mousse or Chocolate  
and Vanilla Swirl Mousse

# Week 3

## Monday

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

Vegetarian Sausage **V**

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

Vanilla Ice Cream

## Tuesday

Meatballs with a Tomato Sauce or  
Beef Lasagne

Vegetarian Lasagne **V**

Spaghetti, Garlic Bread, Seasonal  
Vegetable Selection, Seasonal  
Salad Selection, Bread

Selection of Iced or Cream Buns

## Wednesday

Traditional Roast of the Day with  
a Rich and Tasty Gravy *Farm*  
*Assured Sliced Meat*

Cauliflower Cheese or Tender  
Quorn Fillet **V**

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

Golden Shortbread

## Thursday

Hot Wrap Day – *Chicken Strips*  
*or Quorn Dunkers with a choice*  
*of BBQ Sauce, Mayonnaise or*  
Tomato Sauce

Herby Diced Potatoes, Big  
Seasonal Salad Selection, Bread

Lemon Drizzle Cake

## Friday

Jumbo Fish Finger *Fillet of fish*  
*coated in Crispy Breadcrumbs or*  
Pork Sausage

Vegetarian Burger or Cheese and  
Potato Bake **V**

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

Jelly and Cream

FUN  
FOOD  
FACT

Lemons float,  
but limes sink...  
and ripe cranberries  
bounce like rubber balls.

FUN  
FOOD  
FACT

RHUBARB  
GROWS SO  
QUICKLY THAT  
YOU CAN  
HEAR IT.

Fresh Fruit available daily. Cheese and Crackers available Monday, Wednesday and Friday.  
Individual Yoghurts available Tuesday and Thursday. All items subject to availability.