

V Vegetarian
Ve Vegan
H Halal

Week 1

Week 2

Week 3

Monday

Beef Bolognese *Farm Assured Mincd Beef in a Rich Tomato Sauce*

Vegetarian Bolognese *Seasonal Vegetables & Mixed Beans in a Rich Tomato Sauce* **V Ve**

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

Homemade Muffin selection including Fruit, Cherry & Chocolate Orange

Wednesday

Traditional Roast with Rich & Tasty Gravy *Farm Assured Meat*

Roasted Vegetable & Mixed Bean Tart *Seasonal Vegetables, Mixed Peppers & Cheese Baked in a Shortcrust Pastry Case* **V**

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

Let's Dine Fresh From the Farm Ice Cream

Monday

Beef & Tomato Meatballs *Farm Assured Beef Meatballs served with a Rich Tomato Sauce*

Vegetarian Meatless Balls *served in a Rich Tomato Sauce* **V**

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

Homemade Flapjack Selection

Thursday

Hot Dog *Farm Assured Pork Sausage with Onions* **or Beef Burger** *Farm Assured Beef Burger with Onions*

Vegetable Dog *Vegetarian Sausage with Onions* **V**

Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Finger Roll or Soft Burger Bap

Homemade Fruit Crumble & Custard

Monday

Pork Sausage *Farm Assured Pork Sausage served with a Tasty Gravy*

Vegetable Sausage & Tasty Gravy **V**

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

Homemade Short Bread Selection

Thursday

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

Vegetable & Bean Stew *Seasonal Vegetables, Mixed Beans & Lentils in a Tasty Gravy* **V Ve**

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

Homemade Eve's Pudding & Custard

Tuesday

Chicken Nuggets *Battered Chicken Fillets oven baked served with BBQ Sauce, Sweet & Sour Sauce, Red Sauce*

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

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

Homemade Jam & Coconut Sponge with Custard

Thursday

Pork Sausage *Farm Assured Pork Sausage served with Tasty Gravy*

Vegetarian Sausage *served with Tasty Gravy* **V**

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

Homemade Cookie Selection

Tuesday

Chicken Curry *Tender pieces of farm Assured Chicken in a Chefs Curry Sauce* **or Chicken in Tomato & Basil Sauce**

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

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

Homemade Iced Lemon Sponge



eatwell

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

Wednesday

Traditional Roast with Rich & Tasty Gravy *Farm Assured Meat*

Stuffed Peppers *Roasted Pepper filled with Seasonal Vegetables & Rice with a Cheese & Crumb Top* **V**

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

Let's Dine Fresh from the Farm Ice Cream

Friday

Battered Fish Fillet *White Fillet coated in a light Batter* **or Fish Cake**

Pasta & Bean Neapolitan *Pasta & Mixed Beans served in a Tomato Sauce topped with Cheese* **V**

Chips or Creamed Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Strawberry Mousse

Wednesday

Traditional Roast With Rich & Tasty Gravy *Farm Assured Meat*

Shepherdess Cottage pie *Topped with Sweet Potato Mash* **V**

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

Chocolate Mousse

Chip Shop Friday

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

Vegetarian Fingers **V**

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

Homemade Iced Sponge



FUN FOOD FACTS

Egg yolk and the whites have the same amount of protein! So while we traditionally associate egg whites with protein, they don't really have an advantage over their yellow counterpart.

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

FUN FOOD FACTS

Avocados are fruit! Avocados are classified as a berry with a large seed. In Spain and Mexico, avocados are called "alligator pears" due to their shape and bumpy, green skin.