

V Vegetarian
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Week 1

Week 2

Week 3

Monday

Pizza Bar Selection of Topped Pizzas with a Deep Crust Base

Fishless Fingers V

Herby Diced Potatoes, Big Seasonal Salad Selection, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream

Tuesday

Beef Bolognaise Farm Assured Minced Beef cooked in a Rich Tomato based Sauce

Vegetable Chilli Vegetables & Red Beans cooked in a Chef's Chilli Sauce V

Spaghetti, Savoury Rice, Seasonal Vegetables, Seasonal Salad Selection, Garlic Bread

Homemade Fruit Muffin

Wednesday

Traditional Roast with a Rich & Tasty Gravy Farm Assured Sliced Meat

Oven Roasted Vegetables served in a Yorkshire Pudding with Mixed Beans V

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

Iced Lemon Fingers

Thursday

Macaroni Cheese Macaroni Pasta in a Chef's Cheese Sauce V

Quorn Dunkers, Baby Jacket Potatoes, Seasonal Vegetables, Seasonal Salad Selection, Homemade Bread Selection

Homemade Marble Sponge & Custard

Friday

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

Roasted Vegetable & Cheese Tart Roasted Vegetables & Cheese baked in a Shortcrust Pastry V

Chips, Couscous, Seasonal Vegetables, Seasonal Salad Selection, Homemade Bread Selection

Homemade Raspberry Bun

Monday

Pork Sausage Farm Assured Pork Sausage served with a Rich & Tasty Gravy

Vegetarian Sausage served with a Rich & Tasty Gravy V

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

Homemade Cookie Selection

Tuesday

Homemade Beef Burgers Handmade Farm Assured Minced Beef Burger served in a Soft Bread Roll

Quorn Burger served in a Soft Bread Roll V

Jacket Wedges, Seasonal Vegetables, Seasonal Salad Selection, Soft Bread Roll

Homemade Iced Sponge & Custard

Wednesday

Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced Meat

Quorn & Vegetable Parcel Diced Quorn & Roasted Vegetables encased in Puff Pastry V

Roast Potatoes, Creamed Potato, Fresh Baton Carrots, Broccoli & Cauliflower, Homemade Bread Selection

Danish Pastry or Coconut Cookie

Thursday

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

Vegetable & Bean Pasta Bake Season Vegetables & Mixed Beans in a Rich Tomato Sauce topped with Mature Cheese V

Boiled Rice, Seasonal Vegetables, Seasonal Salad Selection, Homemade Bread Selection, Naan Bread Slice

Homemade Fruit Muffin Selection



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

Fishless Fingers V

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

Strawberry & Vanilla Swirl Mousse or Chocolate & Vanilla Swirl Mousse

Monday

Gluten Free Meatballs Pork Meatballs served in a Rich Tomato Sauce

Quorn Meatless Balls served in a Rich Tomato Sauce V

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

Homemade Fruit Muffin

Tuesday

Pizza Bar with a selection of toppings including **Ham, Pineapple V, Peppers V, Sweetcorn V,**

Cheese & Tomato Pizza V

Jacket Wedges, Big Salad Bar, Homemade Bread Selection

Homemade Fruit Flapjack

Wednesday

Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced Meat

Quorn & Vegetable Stew Diced Quorn and Vegetables cooked in a Tasty Vegetarian Gravy V

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

Let's Dine Fresh from the Farm Ice Cream

Thursday

Big Breakfast Farm Assured Pork Sausage, Back Bacon, Free Range Scrambled Egg V

Vegetarian Sausage V

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

Homemade Chocolate Crunch or Golden Shortbread

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 & Bean Parcel Mixed Beans & Roast Vegetables encased in Puff Pastry V

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

Homemade Chocolate Cake & Chocolate Sauce

Chips Fish

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.

Sandwich Bar

Available daily by pre order

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.