

Spring Menu – Week 1

Weeks commencing 06/01/20, 27/01/20, 24/02/20 and 16/03/20

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mac 'N' Cheese <i>Pasta spirals in a tasty cheesy sauce</i>	Chinese Chicken Noodles A classic Chinese chicken noodle dish packed with flavour	Roast Chicken with Roast Potatoes and Gravy Traditional Roast dinner with Roast Turkey	Beef Tortilla Pie with a Rice side ** Beef mince layered onto tortilla wraps, stacked, baked and topped with gooey cheese	Fish Fingers *** and Chips A classic fish finger lunch
Vegetarian Dish	Mexican Bean and Potato Wrap with a Rice side** <i>Tortilla wrap stuffed with fajita seasoned beans and cubed potato in a cheesy tomato sauce</i>	Cheese and Tomato Pizza ** with Potato Wedges Simple but classic!	Quorn Roast with Roast Potatoes and Gravy Traditional vegetarian roast with Quorn	Veggie Pizza Hot Dog with Potato Wedges Two of the favourites combined... a veggie hot dog covered in a Pizza sauce and melted cheese	Cheese and Sweetcorn Omelette with Chips A baked vegetarian omelette
Additional Choices	Mac N Cheese Pot with BBQ Baked Beans Pasta spirals in a cheesy sauce topped with BBQ baked beans	Mild Beef Chilli Wrap A mildly spiced beef chilli tortilla wrap	Roast Turkey Bap Slices of delicious roast turkey in a soft bap	Chinese Chicken Noodle Pot Chicken noodles seasoned with Chinese five spice with red onion and peppers	
Vegetables	Broccoli and Cauliflower Medley Green Beans	Peas Carrots	Carrots Cabbage	Sweetcorn Mediterranean Vegetables	Baked Beans Peas
Desserts	Chocolate Slice *	Orange Drizzle Cake	Shortbread Biscuit	Banana and Berry Cobbler * with Custard	Peach and Chocolate Sponge

Cool Water or Milk, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish



Spring Menu – Week 2

Weeks commencing 13/01/20, 03/02/20, 02/03/20 and 23/03/20

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Spaghetti Bake A twist on the classic favourite Spaghetti Quorn Bolognese - baked and topped with melted cheese	Chinese Chicken with a Rice side ** Zingy Chinese Lemon & Ginger Chicken	Roast Chicken with Roast Potatoes and Gravy Traditional Roast dinner with Roast Turkey	BBQ Beef Meatballs Delicious Texan inspired BBQ beef meatballs in a tomato sauce with pasta spirals**	Fish Fingers and Chips A classic fish finger lunch
Vegetarian Dish	Cheese and Tomato Pizza ** with Potato Wedges Simple but classic!	Quorn Bolognese ** A classic Quorn Italian Bolognese	Sweet Potato and Chickpea Roast with Roast Potatoes with Gravy A twist on the classic vegetarian Roast with a Sweet Potato and Chickpea roast slice	Butternut Squash and Tomato Bake with a Rice side ** Veggie, tomato bake topped off with golden bread crumbs for an added crunch	Caramelised Red Onion and Mozzarella Tart with Chips Delicious light vegetarian tart
Additional Choices	Mild Chilli Cheese Burrito A delicious folded wrap filled with mild five bean chilli, cheese and rice	Lemon Chicken Rice Pot Chinese lemon chicken with rice in a pot	Roast Turkey Bap Slices of delicious roast turkey in a soft bap	Quorn Ball Sub Roll The vegetarian version of the classic Meatball Sub roll with a tomato sauce	
Vegetables	Sweetcorn Broccoli	Peas Roasted Peppers and Sweetcorn	Roast Parsnip Carrots	Green Beans Broccoli and Cauliflower Medley	Baked Beans Peas
Desserts	Mango Frozen Yoghurt	Plum and Apple Shortcake Crumble* with Custard	Flapjack with Fruit Slices *	Chocolate Cake	Raspberry Yoghurt Cake

Cool Water or Milk, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish



Spring Menu – Week 3

Weeks commencing 20/01/20, 10/02/20, 09/03/20 and 30/03/20

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza ** <i>with Potato Wedges</i> Simple but classic!	Chicken Sausages <i>with Mashed Potato and Gravy</i> Simple but classic...sausage and mash	Roast Chicken <i>with Roast Potatoes and Gravy</i> Traditional Roast dinner with Roast Chicken	Beef Bolognese ** A classic Italian beef Bolognese	Crispy Fish with Chips Traditional fish and chips dinner
Vegetarian Dish	Vegetable Bake with Rice ** Beans in a tomato and Mediterranean veg sauce topped with crunchy breadcrumbs	Vegetarian Sausages <i>with Mashed Potato and Gravy</i> A classic Quorn sausage and mash	Vegetable Pastry Slice <i>with Roast Potatoes and Gravy</i> A tasty mix of vegetables wrapped in delicious puff pastry	Mild Sweet Potato Curry with Rice ** A mild Indian sweet potato and chickpea Tikka Masala	Tomato and Quorn Wrap with Chips A filled soft tortilla wrap folded into the shape of a cone
Additional Choices	Chinese Quorn Rice Pot Quorn flavoured with five-spice seasoning with vegetables and rice	Beef Chilli Nacho Pot Nachos topped with a mildly spiced beef chilli	Roast Chicken Bap Slices of delicious roast chicken in a soft bap	Chicken & Melted Cheese Roll Roll filled with chicken, red onion and topped with melted cheese	
Vegetables	Carrots Peas	Roasted Peppers and Sweetcorn Green Beans	Cabbage Carrot and Swede Mash	Broccoli Mediterranean Vegetables	Peas Baked Beans
Desserts	Creamy Baked Orange and Vanilla Rice Pudding	Oatie Biscuit <i>with Fruit Slices *</i>	Strawberry Frozen Yoghurt	Chocolate and Raspberry Swirl Cake <i>with Custard</i>	Banana and Cinnamon Cake *

Cool Water or Milk, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

***Fruit Based **Wholegrain ***Oily Fish**

