

5 September 22
26 September 22
17 October 22
14 November 22
5 December 22
9 January 23
30 January 23
27 February 23
20 March 23
24 April 23
15 May 23
12 June 23
3 July 23

WEEK 1

12 September 22
3 October 22
31 October 22
21 November 22
12 December 22
16 January 23
6 February 23
6 March 23
27 March 23
1 May 23
22 May 23
19 June 23
10 July 23

WEEK 2

19 September 22
10 October 22
7 November 22
28 November 22
19 December 22
23 January 23
13 February 23
13 March 23
17 April 23
8 May 23
5 June 23
26 June 23
17 July 23

WEEK 3

MONDAY

Cheese Omelette(v)
Hash Browns ▪ Baked Beans
Quorn Bolognese (v)
Crusty Bread ▪ Garden Peas
Cheese Baguette
Filled Jacket Potato
Choice of Cheese or
Baked Beans (v) with Salad
Fresh Fruit or Yoghurt

TUESDAY

Chicken Korma
Fluffy Rice ▪ Green Beans
Quorn Mince Pie (v)
Creamed Potatoes ▪ Turnip
Cheese Savoury Sandwich
Filled Jacket Potato ▪ Choice of
Cheese, Baked Beans (v)
or Tuna with Salad
Shortbread & Custard

WEDNESDAY

Cheese & Tomato Pizza
Potato Wedges ▪ Crunchy Coleslaw
Vegetable Fingers (v)
Potato Wedges ▪ Wholewheat Hoops
Ham Wrap
Filled Jacket Potato Choice of Cheese,
Baked Beans (v) or Tuna with Salad
Strawberry Mousse

THURSDAY

Roast Turkey ▪ Sage & Onion Stuffing
Creamed Potatoes ▪ Carrots
Pasta Pomodoro (v)
Crusty Bread ▪ Broccoli
Tuna Sandwich
Filled Jacket Potato Choice of Cheese,
Baked Beans (v) or Tuna with Salad
Lemon Drizzle Cake & Custard

FRIDAY

Salmon or Cod Fish Fingers
Chips ▪ Mushy Peas
BBQ Quorn and Stir Fry Vegetables (v)
Egg Noodles
Tuna Sandwich
Filled Jacket Potato ▪ Choice of Cheese,
Baked Beans (v) or Tuna with Salad
Chocolate Brownie

MONDAY

Quorn Dippers(vg)
Potato Wedges ▪ Spaghetti Hoops
Quorn & Chickpea Curry (v)
Vegetable Rice
Cheese Baguette
Filled Jacket Potato ▪ Choice of
Cheese or Baked Beans (v) with Salad
Apple Pie & Custard

TUESDAY

Mince & Dumplings ▪ Creamed
Potato ▪ Cauliflower
Quorn Meatballs in Tomato Sauce
with Pasta (v) ▪ Garlic Bread
Garden Peas
Turkey Sandwich
Filled Jacket Potato ▪ Choice of Cheese,
Baked Beans (v) or Tuna with Salad
Fresh Fruit or Yoghurt

WEDNESDAY

Roast Chicken ▪ Yorkshire Pudding
Mashed Potato ▪ Cabbage
Quorn Burger in Bun
Diced Potatoes ▪ Baked Beans
Tuna Wrap
Filled Jacket Potato ▪ Choice of Cheese,
Baked Beans (v) or Tuna with Salad
Vanilla Cookie

THURSDAY

Pork Sausages with Gravy
Oven Roast Potatoes ▪ Mashed Turnip
Vegetarian Lasagne (v)
Crusty Bread ▪ Green Salad
Ham Sandwich
Filled Jacket Potato ▪ Choice of Cheese,
Baked Beans (v) or Tuna with Salad
Sticky Orange Sponge & Custard

FRIDAY

Battered Fish ▪ Chips
Mushy Peas
Cheese and Potato Pie (v)
Chips ▪ Coleslaw
Cheese Sandwich
Filled Jacket Potato ▪ Choice of Cheese,
Baked Beans (v) or Tuna with Salad
Frozen Yoghurt

MONDAY

Tomato & Mascarpone(v)
Pasta ▪ Crusty Bread ▪ Mixed Salad
Southern Style Quorn Fillet (v)
Seasoned Wedges ▪ Beans
Chicken Mayo Sandwich
Filled Jacket Potato ▪ Choice of
Cheese or Baked Beans (v) with Salad
Chocolate Cookie

TUESDAY

Chicken Jalfrezi ▪ Fluffy Rice
Apple & Cucumber Salad
Margherita Pizza (v)
Diced Potatoes ▪ Sweetcorn
Tuna Wrap
Filled Jacket Potato ▪ Choice of Cheese,
Baked Beans (v) or Tuna with Salad
Strawberry or Vanilla Ice Cream

WEDNESDAY

Turkey Casserole
Creamed Potatoes ▪ Broccoli
Quorn Kofta (v) with Savoury Rice
Pitta Bread ▪ Coleslaw
Cheese Savoury Sandwich
Filled Jacket Potato ▪ Choice of Cheese,
Baked Beans (v) or Tuna with Salad
Fresh Fruit or Yoghurt

THURSDAY

Spaghetti Bolognese
Garlic Bread ▪ Carrots
Quorn Sausage Roll (v) ▪ Oven
Roast Potatoes ▪ Wholewheat Hoops
Ham & Tomato Baguette
Filled Jacket Potato Choice of
Cheese, Baked Beans (v)
or Tuna with Salad
Apple Crumble Muffin

FRIDAY

Fish Goujons ▪ Chips ▪ Beetroot
Macaroni Cheese(v)
Crusty Bread
Garden Peas
Cheese Sandwich
Filled Jacket Potato, Choice of Cheese,
Baked Beans (v) or Tuna with Salad
Flapjack & Custard

AVAILABLE DAILY:

Salad bar
Fresh fruit selection
Yoghurt
Fruit juice
Reduced fat milk
Chilled water
Selection of fresh bread
and rolls

SEPTEMBER 2022 - JULY 2023

Menus are subject to availability.
(V) suitable for Vegetarians or (VG) Vegan diets

**“Eat
Your 5
A Day”**

**“the
body’s
only rule is
to give it
healthy
fuel”**