

|                                       | <b>Monday - Simple</b>                                                         | <b>Tuesday - World</b>                                                                        | <b>Wednesday - Roast</b>                                           | <b>Thursday – Traditional</b>                                                                      | <b>Friday - Fish</b>                                                                           |
|---------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| <b>Homemade Soup with Brown Bread</b> | Minestrone Soup                                                                | Tomato & Red Pepper                                                                           | Lentil & Butternut Squash                                          | 3 Greens & Potato                                                                                  | Tomato Basil & Garlic                                                                          |
|                                       |                                                                                |                                                                                               |                                                                    |                                                                                                    |                                                                                                |
| <b>Main Meal</b>                      | Chicken, Mushroom and Sweetcorn Pie                                            | Spinach & Ricotta Cannelloni                                                                  | Roast Beef                                                         | Sausages In Onion Gravy                                                                            | Breaded Pollock                                                                                |
| <b>Vegetarian Meal</b>                | Vegetable Pie                                                                  | Spinach & Vegan Cream Cheese Cannelloni                                                       | Quorn Roast                                                        | Vegetable Sausages                                                                                 | Vegetable “Fish” Cake                                                                          |
|                                       |                                                                                |                                                                                               |                                                                    |                                                                                                    |                                                                                                |
| <b>Starchy Foods</b>                  | Fondant Potato, Three Bean Salad                                               | Wholemeal Pasta                                                                               | Carrot & Swede Mash Cauliflower Cous Cous                          | Mashed Potatoes                                                                                    | Cubed Potato and Tomatoes                                                                      |
| <b>Vegetables</b>                     | Mangetout                                                                      | Crispy Chickpeas Green Salad                                                                  | Asparagus & Courgette                                              | Broccoli & Cabbage                                                                                 | Roasted Vegetables                                                                             |
| <b>Salads</b>                         | Tuna, Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers, Olives Sweetcorn | Cheese, Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers Olives Sweetcorn, Potato Salad | Egg, Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers Olives | Sliced Beef Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers Olives, Sweetcorn, Noodle Salad | Tuna, Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers, Olives Sweetcorn, Beetroot Salad |
|                                       |                                                                                |                                                                                               |                                                                    |                                                                                                    |                                                                                                |
| <b>Main Dessert</b>                   | <b>Fruit Fritters &amp; Ice-cream</b>                                          | Seasonal Muffin                                                                               | Fruit Platter                                                      | Fruit & Yogurt Crispy Cake                                                                         | Sticky Toffee Pudding & Cream                                                                  |
| <b>Cold Dessert</b>                   | Fresh Fruit Various Low Fat Yoghurts                                           | Fresh Fruit Various Low Fat Yoghurts                                                          | Fresh Fruit Various Low Fat Yoghurts                               | Fresh Fruit Various Low Fat Yoghurts                                                               | Fresh Fruit Various Low Fat Yoghurts                                                           |

**Food Allergies and Intolerances:** Please speak to our staff about the ingredients in your meal when taking your lunch  
Fresh cool drinking water always available