



DAY	PACKED LUNCH	PACKED LUNCH	PACKED LUNCH	PACKED LUNCH	PACKED LUNCH	PACKED LUNCH	PACKED LUNCH	PACKED LUNCH	PACKED LUNCH
SUNDAY	Packed Lunch	Jacket Potato with a choice of fillings ✓	Sausage and Mash with Gravy Fluffy mashed potato with pork sausages and rich gravy	Quorn Bolognese ✓ Penne pasta in a yummy tomato and Quorn sauce	Chinese Veggie Noodles with Stir Fried Vegetables ✓ Fragrant egg noodles with stir-fried vegetables	Sweetcorn and Fresh Broccoli	Raspberry Yoghurt Cake with Fruit Slices		
TUESDAY	Packed Lunch	Jacket Potato with a choice of fillings ✓	Roast Chicken with Roast Potatoes and Gravy Moist roast chicken with fluffy roasts and tasty gravy	Roast Quorn with Roast Potatoes and Gravy ✓ A traditional Quorn roast with fluffy roasts and tasty gravy	Freshly baked bread Yoghurt and milk Fresh fruit Cool water Salad	Peas and Fresh Carrots	Shortbread with Custard and Fruit Slices		
WEDNESDAY	Packed Lunch	Jacket Potato with a choice of fillings ✓	Favourite Beef Lasagne with a Garlic & Herb Bread Wedge A classic Italian beef lasagne baked in a creamy cheese sauce	Mild Bean Chili with a Rice side ✓ Super yummy mildly spiced vegetable chili	Available every day! Fresh water	Fresh Carrots and Fresh Cabbage	Flapjack with Fruit Slices		
THURSDAY	Packed Lunch	Jacket Potato with a choice of fillings ✓	Golden Fish Fingers and Chips Crispy Fish fingers and scrummy chips	The Incredible Burger ✓ A delicious Southern style vegetable burger and scrummy chips	Available every day! Fresh water	Sweetcorn and Fresh Broccoli	Chocolate Brownie and Chopped Apricots		
FRIDAY	Packed Lunch	Jacket Potato with a choice of fillings ✓	Ham or Cheese Sandwich or Baguette or Daily Special Wrap with Veg Sticks and Fresh Fruit or Dessert of the Day		Available every day! Fresh water	Baked Beans Fresh Carrots and Peas	Vanilla Ice Cream with Fruit Slices		

Try something different!
Trying new and different foods is a great way of getting all the nutrition your body needs

HOT SPECIALS...

Available every day!
Fresh water
Salad
Freshly baked bread
Yoghurt and milk
Fresh fruit

WEEKS COMMENCING:
02/11, 29/11, 14/12,
18/01, 08/02, 08/03, 29/03

Look out for these symbols for our super healthy dishes: ✓ Vegetarian
🍎 Fruity! 🌾 Wholegrain 🐟 Oily fish
⚠️ **Allergy? Speak to our Kitchen for help**

