

WEEK 1

12/9/22, 3/10/22, 14/11/22, 5/12/22, 16/1/23,
6/2/23

MONDAY

Swedish Meatballs with Mash & Creamy Gravy
or
Quorn Swedish Meatballs with Mash & Creamy Gravy (V) or
Jacket Potato with Choice of Filling
Sweetcorn, Shredded Carrots
Choice of Fresh Fruit or Yoghurt (V)

TUESDAY

Mild & Sweet Chicken Curry with Steamed Rice (WG)
or
Mac & Cheese (V)
or
Jacket Potato with Choice of Filling
Cauliflower, Green Beans
Jammy Dodger Flapjack (Ve) (WG)

WEDNESDAY

Pasta with Bolognese Sauce (WG)
or
French Bread Margherita Pizza (V)
or
Jacket Potato with Choice of Filling
Cucumber Sticks, Tomato Wedges
Apple Crumble (Ve) with Custard (V)

THURSDAY

Slow Roasted Chicken with Roast Potatoes, Stuffing & Gravy
or
Quorn Fillet with Roast Potatoes, Stuffing & Gravy (V)
or
Jacket Potato with Choice of Filling
Sliced Carrots, Garden Peas
Strawberry Jelly & Pears (Ve)

FRIDAY

MSC Fish Fingers or Salmon Fish Fingers
with Chips & Tomato Sauce
or
Quorn Fishless Fingers with Chips & Tomato Sauce (Ve)
or
Jacket Potato with Choice of Filling
Baked Beans, Garden Peas
Chocolate Shortbread (Ve)

V – Vegetarian Ve – Vegan WG – Wholegrains



WEEK 2

19/9/22, 10/10/22, 31/10/22, 21/11/22,
12/12/22, 3/1/23, 23/1/23

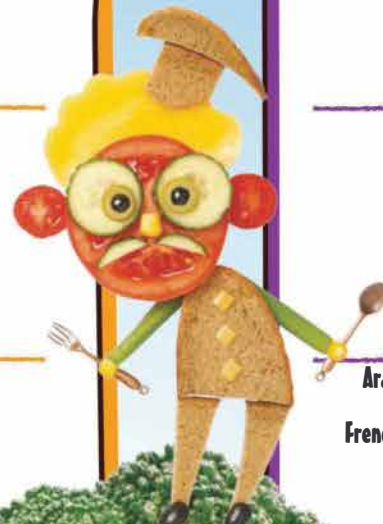
Choice of Pork or Chicken Sausages with Mash & Gravy
or
Veggie Sausage with Mash & Gravy (Ve)
or
Jacket Potato with Choice of Filling
Garden Peas, Carrot Batons
Choice of Fresh Fruit or Yoghurt (V)

Rainbow Vegetable & Chicken Stir-Fry
or
Raviolini with Tomato Sauce (Ve)
or
Jacket Potato with Choice of Filling
Sweetcorn & Peppers, Garden Peas
St Clement's Shortbread (Ve)

Chicken & Sweetcorn Pasta Bake (WG)
or
Rainbow Vegetable Stir-Fry (Ve)
or
Jacket Potato with Choice of Filling
Broccoli Florets, Sweetcorn
Apple & Pear Crumble (Ve) with Custard (V)

Slow Roasted Beef with Roast Potatoes & Gravy
or
Tomato & Cheddar Plait with Roast Potatoes (V)
or
Jacket Potato with Choice of Filling
Cauliflower, Sliced Carrot
Strawberry Jelly & Peaches (Ve)

MSC Fish Fingers or Salmon Fish Fingers
with Chips & Tomato Sauce
or
Quorn Fishless Fingers with Chips & Tomato Sauce (Ve)
or
Jacket Potato with Choice of Filling
Baked Beans, Garden Peas
Chocolate & Beetroot Brownie (V)



WEEK 3

5/9/22, 26/9/22, 17/10/22, 7/11/22,
28/11/22, 9/1/23, 30/1/23

Chicken & Sweetcorn Pie Topped with Cheesy Mash
or
Shepherdess Pie (Ve)
or
Jacket Potato with Choice of Filling
Garden Peas, Sweetcorn
Choice of Fresh Fruit or Yoghurt (V)

Texan One Pot Beef Chilli (WG)
or
Cauli Mac & Cheese (V)
or
Jacket Potato with Choice of Filling
Super Greens
Apricot Flapjack (Ve)

Arabiatta Chicken Meatballs with Pasta (WG)
or
French Bread Margherita Pizza with Coleslaw (V)
or
Jacket Potato with Choice of Filling
Cucumber Sticks, Tomato Wedges
Jumbleberry Crumble (Ve) with Custard (V)

Slow Roasted Pork with Roast Potatoes & Gravy
or
Veggie Sausage Toad in the Hole with Roast Potatoes & Gravy (V)
or
Jacket Potato with Choice of Filling
Garden Peas, Sliced Carrots
Strawberry Jelly & Fruit Cocktail (Ve)

MSC Fish Fingers or Salmon Fish Fingers
with Chips & Tomato Sauce
or
Quorn Fishless Fingers with Chips & Tomato Sauce (Ve)
or
Jacket Potato with Choice of Filling
Baked Beans, Garden Peas
Chocolate Oaty Square (Ve) (WG)



Smile food that makes you happy

(V) Suitable for Vegetarians

SERVED DAILY – FRESHLY BAKED BREAD, FRESH FRUIT, YOGHURTS AND FRESH DRINKING WATER.