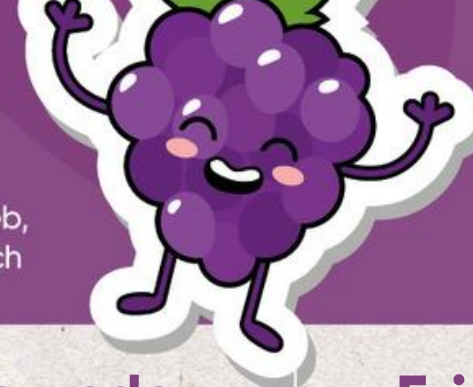




Week 1

Autumn/Winter 2023/24 Menu

Weeks Starting:
30th Oct, 20th Nov,
11th Dec, 15th Jan, 5th Feb,
4th March and 25th March



Monday

Option 1

Cheese and
Tomato Pizza with
Pasta Salad

Option 2

Cheese and
Tomato Pasta

Option 3

Jacket Potato

Tuesday

Option 1

Beef
Lasagne

Option 2

Vegetable
Lasagne

Option 3

Jacket Potato

Wednesday

Option 1

Roast Chicken
with Roast Potatoes
and Gravy

Option 2

Quorn Sausage
with Roast Potatoes
and Gravy

Option 3

Pasta

Thursday

Option 1

Spanish
Chicken
with Rice

Option 2

Meat Free
Bolognese
with Pasta

Option 3

Jacket Potato

Friday

Option 1

Harry Ramsden's
Fish with
Oven Chips

Option 2

Cheese and
Onion Slice with
Oven Chips

Option 3

Pasta

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:

Chef's
Shortbread

Dessert:

Fruit
Yoghurt

Dessert:

Chef's
Flapjack

Dessert:

Toffee Apple
Crumble with Custard

Dessert:

Mandarin
Jelly



Vegetarian



Contains a minimum of 50% fruit



Week 2

Autumn/Winter 2023/24 Menu

Weeks Starting:
6th Nov, 27th Nov,
1st Jan, 22nd Jan,
19th Feb and 11th March



Monday

Option 1

Pasta Twists
with Tomato Sauce

Option 2

Bombay Beans
and Cheese Topped
Potato Crispers

Option 3

Jacket Potato

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:

Shortbread Biscuit
with Fresh Fruit Slices

Tuesday

Option 1

Pork Sausages with
Creamy Potato and
Gravy

Option 2

Meat Free
Sausages with Creamy
Potato and Gravy

Option 3

Pasta

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:

Fruit Yoghurt

Wednesday

Option 1

Roast Gammon
with Roast Potatoes
and Gravy

Option 2

Meat Free Lattice
Slice with Roast
Potatoes and Gravy

Option 3

Pasta

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:

Raspberry Ripple Vanilla
Ice Cream Sponge Roll

Thursday

Option 1

Spaghetti
Bolognese

Option 2

Bean Burrito
with Salad

Option 3

Jacket Potato

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:

Chocolate Pear
Sponge with Custard

Friday

Option 1

Fish Fingers with
Oven Chips

Option 2

Meat Free Hot Dog
with Oven Chips

Option 3

Pasta

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:

Butterscotch
Tart



Vegetarian



Contains a minimum of 50% fruit



Week 3

Autumn/Winter 2023/24 Menu

Weeks Starting:
13th Nov, 4th Dec,
8th Jan, 29th Jan,
26th Feb and 18th March



Monday

Option 1

Meat Chilli

Option 2

Veggie Chilli

Option 3

Jacket Potato

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:

Fruit Yoghurt

Tuesday

Option 1

Lincolnshire Sausage
with Oven Chips

Option 2

Meat Free Burger in a
Bun with Oven Chips

Option 3

Pasta

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:

Apple Sponge
with Custard

Wednesday

Option 1

Roast Chicken
with Roast Potatoes
and Gravy

Option 2

Cauliflower & Broccoli
Cheese with Roast
Potatoes and Gravy

Option 3

Pasta

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:

Vanilla Ice Cream

Thursday

Option 1

Keralan Chicken and
Butternut Squash
Curry with Rice

Option 2

Keralan Spinach and
Butternut Squash
Curry with Rice

Option 3

Jacket Potato

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:

Peaches with
Custard

Friday

Option 1

Harry Ramsden's
Fish with
Oven Chips

Option 2

Vegan Nuggets with
Oven Chips

Option 3

Pasta

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:

Chocolate
Cookie



Vegetarian



Contains a minimum of 50% fruit