

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
Egg & Cress 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
Cheese, Tuna or Egg Sandwich
Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad
Strawberry Mousse

THURSDAY

Roast Chicken • 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
Cheese, Tuna or Egg 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
Iced Sponge & Custard

TUESDAY

Mince & Dumplings • Creamed Potato • Cauliflower
Quorn Meatballs in Tomato Sauce with Pasta (v) • Garlic Bread Garden Peas
Cheese, Tuna or Egg 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

Quorn Sausage with Gravy Oven Roast Potatoes • Mashed Turnip
Vegetarian Lasagne (v)
Crusty Bread • Green Salad
Sandwich Selection
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
Sandwich Selection
Filled Jacket Potato • Choice of Cheese or Baked Beans (v) with Salad
Chocolate Cookie

TUESDAY

Quorn 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

Chicken & Vegetable Pie
Creamed Potatoes • Broccoli
Quorn Kofta (v) with Savoury Rice Wrap • Coleslaw
Sandwich Selection
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
Sandwich Selection
Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad
Apple Crumble Muffin

FRIDAY

Fish Goujons • Chips • Beetroot
Macaroni Cheese (v) Garlic Bread • Garden Peas
Sandwich Selection
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”