

### 3 week menu commencing Monday 01/11/21

Week One					
Weeks commencing: 01/11, 22/11, 13/12					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1 (Meat)</b>	Tomato Pasta Bake	All Day Breakfast	Roast Turkey, Yorkshire Pudding, Gravy with Roast Potatoes	Meatfeast Pizza with Potato Wedges	Fish Fingers and Chips
<b>Option 2 (Vegetarian)</b>	Vegetable Quesadillas (Vegan)	Macaroni & Cheese	Three Bean Casserole with Potatoes (Vegan)	Chickpea & Mixed Veg Balti with Rice (Vegan)	Quorn Nuggets and Chips
<b>Alternative</b>	Jacket Potato with Tuna mayo, cheese, beans, coleslaw or plain	Jacket Potato with Tuna mayo, cheese, beans, coleslaw or plain	Jacket Potato with Tuna mayo, cheese, beans, coleslaw or plain	Jacket Potato with Tuna mayo, cheese, beans, coleslaw or plain	Jacket Potato with Tuna mayo, cheese, beans, coleslaw or plain
<b>Vegetables</b>	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
<b>Additional</b>	Daily salad bar & freshly baked wholemeal bread	Daily salad bar & freshly baked wholemeal bread	Daily salad bar & freshly baked wholemeal bread	Daily salad bar & freshly baked wholemeal bread	Daily salad bar & freshly baked wholemeal bread
<b>Dessert</b>	Iced Sponge	Apple & Peach Pie with Ice Cream or Custard	Strawberry & Vanilla Cookie	Syrup & Ginger Sponge & Custard	Pear & Chocolate Cake

Week Two					
Weeks commencing: 08/11, 29/11					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1 (Meat)</b>	Margarita Pizza with Potato Wedges	Chicken Curry with Rice	Roast Gammon, Yorkshire Pudding, Gravy with Roast Potatoes	Fish Fingers and Chips	Beef Burger in a Bun with Wedges
<b>Option 2 (Vegetarian)</b>	Quorn Burger with Potatoes	Tomato Pasta (Vegan)	Cheese & Onion Pasty with Roast Potatoes	Vegetable & Lentil Bolognaise with Garlic Bread (Vegan)	Sweet Potato & Lentil Curry with Rice (Vegan)
<b>Alternative</b>	Jacket Potato with Tuna mayo, cheese, beans, coleslaw or plain	Jacket Potato with Tuna mayo, cheese, beans, coleslaw or plain	Jacket Potato with Tuna mayo, cheese, beans, coleslaw or plain	Jacket Potato with Tuna mayo, cheese, beans, coleslaw or plain	Jacket Potato with Tuna mayo, cheese, beans, coleslaw or plain
<b>Vegetables</b>	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
<b>Additional</b>	Daily salad bar & freshly baked wholemeal bread	Daily salad bar & freshly baked wholemeal bread	Daily salad bar & freshly baked wholemeal bread	Daily salad bar & freshly baked wholemeal bread	Daily salad bar & freshly baked wholemeal bread
<b>Dessert</b>	Marble Sponge and Custard	Jelly & Mandarins	Apple Cracknell	Chocolate Sponge & Chocolate Sauce	Lemon & Courgette Muffin

Week Three					
Weeks commencing: 15/11, 06/12					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1 (Meat)</b>	Pork Sausage in a Roll with Potatoes	Fish Fingers and Chips	Roast Chicken, Stuffing, Yorkshire Pudding, Gravy with Roast Potatoes	Beef Pasta Bolognaise	Margarita Pizza with Wedges
<b>Option 2 (Vegetarian)</b>	Shepherdess Pie (Vegan)	Quiche with Chips	Lentil & Chickpea Loaf with Potatoes (Vegan)	Cheese & Bean Wrap with Potatoe Wedges	Vegetable Chilli with Rice (Vegan)
<b>Alternative</b>	Jacket Potato with Tuna mayo, cheese, beans, coleslaw or plain	Jacket Potato with Tuna mayo, cheese, beans, coleslaw or plain	Jacket Potato with Tuna mayo, cheese, beans, coleslaw or plain	Jacket Potato with Tuna mayo, cheese, beans, coleslaw or plain	Jacket Potato with Tuna mayo, cheese, beans, coleslaw or plain
<b>Vegetables</b>	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
<b>Additional</b>	Daily salad bar & freshly baked wholemeal bread	Daily salad bar & freshly baked wholemeal bread	Daily salad bar & freshly baked wholemeal bread	Daily salad bar & freshly baked wholemeal bread	Daily salad bar & freshly baked wholemeal bread
<b>Dessert</b>	Yorkshire Mess Fruit Fool Yoghurt Shortbread	Sticky Toffee Date Loaf (Vegan)	Ice cream & Fruit Compote	Vanilla Sponge & Custard	Chocolate & Beetroot Brownie