

-WEEK 1-

WEEK COMMENCING: 29/10/18, 19/11/18, 10/12/18, 14/01/19, 04/02/19, 04/03/19, 25/03/19

VEGAN MONDAY

Vegan Friendly Spaghetti Bolognese with Garlic & Herb Focaccia
 or Mild Spiced Red Vegetable Chili with Steamed Rice
or served with Seasonal Salad
 or Jacket Potato with Baked Beans
Dessert Vegan Cocoa Brownie



TUESDAY

Sweet & Sour Chicken
 or Stir Fry of Crispy Vegetables
or served with Crispy Seaweed / Organic Asian Noodles
 or Potato Skins Loaded with Cheese and Chives
Dessert Mandarin Orange Cheesecake

WEDNESDAY

Roasted Turkey Breast with Gravy
 or Winter Root Vegetable Loaf
or served with Crispy Roast Potatoes / Selection of Seasonal Vegetables
 or Red Pepper with Pasta Spirals
Dessert Jam & Coconut Sponge with Custard

THURSDAY

Burgers & Mash
 or Seasoned Vegan Sausage
or served with Fluffy Mashed Potato / Baked Beans
 or Creamy Vegetable Carbonara with Spaghetti
Dessert Courgette & Lime Cake

FRIDAY

MSC Crispy Seaside Battered Fish
 or Hand Crimped Cheese & Onion Pastry
or served with Oven Baked Chunky Chips / Garden Peas
 or Rich Pomodoro Sauce with Penne Pasta
Dessert Apple Flapjack with Vanilla Ice Cream



UNLIMITED SALAD
BAR EVERY DAY.

FRESH DRINKING WATER
AVAILABLE EVERY DAY



-WEEK 2-

WEEK COMMENCING: 05/11/18, 24/11/18, 11/12/18, 21/01/19, 11/02/19, 11/03/19, 01/04/19

MONDAY

Tomato & Cheese Pizza, Oven Baked Jacket Wedges, Garden Peas & Sweetcorn
 or Fragrant Sweet Potato, Spinach & Chick Pea Curry, Neem Bread & Wholegrain Rice
 or Jacket Potato with Baked Beans
Dessert Fresh Fruit Salad with Vanilla Ice Cream

TUESDAY

Traditional Organic Beef Lasagne
 or Rice & Vegetable Bake
or served with Herby Focaccia Bread / Selection of Mixed Leaves
 or Basil & Lemon Pesto with Penne Pasta
Dessert James & The Giant Peach Jelly

WEDNESDAY

Roast Pork loin Steak
 Homemade Apple Sauce & Gravy
 or Cheddar Cheese Spring Onion & Tomato Tart
or served with Crispy Roast Potatoes / Selection of Seasonal Vegetables
 or Arribolata Sauce with Pasta Spirals
Dessert Fairtrade Banana Cake

THURSDAY

Hot & Sticky 'Piri Piri' Chicken
 or Spiced Mixed Bean & Sweet Pepper Wrap
or served with Mexican Rice / Sweetcorn
 or Marinara Sauce with Short Spaghetti
Dessert A Taste of Paradise! Cake (Pineapple and Coconut)

FRIDAY

MSC Crumbed Fish Fingers & Thumbs
 or Red Lentil & Root Vegetable Sausage Roll
or served with Oven Baked Chunky Chips / Garden Peas
Dessert Marble Sponge with Vanilla Custard



FRESH FRUIT AND ORGANIC
YOGHURT AVAILABLE
EVERY DAY.



All milk & yoghurt is Organic



-WEEK 3-

WEEK COMMENCING: 12/11/18, 03/12/18, 07/01/19, 24/01/19, 25/02/19, 18/03/19

MONDAY

Cheesy Leeky Pasta with Garlic & Oregano Focaccia
 or Lightly Spiced Vegetable Diansack
or served with Strips of Neem Bread & Steamed Rice / Mixed Leaf Salad
 or Jacket Potato & Cheddar Cheese
Dessert Blueberry Muffin Tray Bake

TUESDAY

Organic Minced Beef & Onion Topped with Shortcrust Pastry
 or Vegetable Mince & Onion Topped with Shortcrust Pastry
or served with Fluffy Mashed Potato / Shredded Green Cabbage / Carrot Rounds
 or Rich Pomodoro Sauce with Penne Pasta
Dessert Zesty Lemon Sponge with Vanilla Custard

WEDNESDAY

Roast Chicken Drumstick & Gravy
 or New Potato Garden Pea & Tomato Frittata
or served with Crispy Roast Potatoes / Selection of Seasonal Vegetables
 or Jacket Potato with Baked Beans
Dessert Rice Pudding with Cinnamon Sprinkles

THURSDAY

Aromatic Creamy Chicken Korma
 or Hand Folded Vegetable Samosa
or served with Neem Bread / Spiced Roasted Cauliflower / Fragrant Sunshine Rice
 or Tomato & Sweet Basil Sauce with Pasta Spirals
Dessert Oaty Apple & Winter Berry Crumble with Ice Cream

FRIDAY

MSC 'Hubble Bubble' Fish Bites
 or MSC Red Salmon and Parsley Fishcake
or Individual Winter Vegetable Tarts
or served with Oven Baked Chunky Chips / Garden Peas
Dessert Rich Cocoa Sponge with Custard



BREAD
AVAILABLE EVERY DAY.



Proud to work with

Miscot Free Gluten