

Week one

30/10 20/11 11/12 01/01 22/01 05/03 26/03

Choose a main meal...

Chicken Korma & Rice

Vegetarian Hotpot Y

Jacket Potato with Filling

on the side...

Sweetcorn

for dessert...

Fruity Yoghurt with a Crunchy Twist

Fruit Salad

Choose a main meal...

Beef Stew & Dumplings

Beany Pasta Y

Jacket Potato with Filling

on the side...

Rainbow Vegetables

for dessert...

Pineapple Upside Down Cake & Custard

Yoghurt or Fruit

Choose a main meal...

Roast Ham Slices in Gravy with Roast Potatoes

Cauliflower & Sweetcorn Bake Y

Jacket Potato with Filling

on the side...

Green Vegetable Medley

for dessert...

Yoghurt & Melon Slices

Fruit Salad

Choose a main meal...

Cheese & Tomato Wholegrain Pizza Y

Salmon Paella

Jacket Potato with Filling

on the side...

Peas & Sweetcorn

for dessert...

Apricot Shortbread

Yoghurt or Fruit

Choose a main meal...

Fish & Chips

Quorn Burger in a Bun & Chips Y

Jacket Potato with Filling

on the side...

Baked Beans or Salad

for dessert...

Yoghurt with Apple & Grapes

Fresh Fruit

Week two

06/11 27/11 18/12 08/01 29/01 19/02 12/03

Choose a main meal...

Mild Beef Chilli & Wholegrain Rice

Veggie Sausage & Bean Casserole Y

Jacket Potato with Filling

on the side...

Green Vegetable Medley

for dessert...

Chocolate Muffin

Yoghurt or Fruit

Choose a main meal...

Cheese & Tomato Pasta Y

Butternut Squash & Chickpea Curry with Rice Y

Jacket Potato with Filling

on the side...

Peas & Sweetcorn

for dessert...

Crunchy Red Berry Yoghurt

Fruit Salad

Choose a main meal...

Roast Chicken in Gravy with Roast Potatoes

Quorn Fillet in Gravy with Roast Potatoes Y

Jacket Potato with Filling

on the side...

Carrots

for dessert...

Oat Cookie

Yoghurt or Fruit

Choose a main meal...

Burger in a Bun with Salad

Veggie Pasta Bolognese Y

Jacket Potato with Filling

on the side...

Peas

for dessert...

Yoghurt & Melon Slices

Fruit Salad

Choose a main meal...

Fish & Chips

Free Range Omelette & Chips Y

Jacket Potato with Filling

on the side...

Baked Beans or Salad

for dessert...

Mandarin Drizzle Sponge

Yoghurt or Fruit

Week three

£2.30

13/11 04/12 15/01 05/02 26/02 19/03

Choose a main meal...

Sausages in Gravy & Mash Potato

Veggie Shepherd's Pie Y

Jacket Potato with Filling

on the side...

Peas

for dessert...

Yoghurt with Sliced Orange & Grapes

Fruit Salad

Choose a main meal...

Mild Chicken Tikka Masala & Rice

Creamy Pesto Pasta Y

Jacket Potato with Filling

on the side...

Carrots & Sweetcorn

for dessert...

Cheese & Crackers

Yoghurt or Fruit

Choose a main meal...

Slow Cooked Shredded Beef in Gravy & Roast Potatoes

Quorn Sausage in Gravy & Roast Potatoes Y

Jacket Potato with Filling

on the side...

Green Vegetable Medley

for dessert...

Mandarin Yoghurt Pot

Yoghurt or Fruit

Choose a main meal...

Macaroni Cheese Y

Mild Bean Chilli & Wholegrain Rice Y

Jacket Potato with Filling

on the side...

Rainbow Vegetables

for dessert...

Toffee & Apple Muffin

Yoghurt or Fruit

Choose a main meal...

Fish & Chips

Quorn Burger in a Bun & Chips Y

Jacket Potato with Filling

on the side...

Baked Beans or Salad

for dessert...

Yoghurt with Orange & Apple Slices

Fruit Salad

Chilled water, milk, salad and bread are available daily. All paid meals to be ordered one full week in advance of the entire week they are required, either online by midnight Sunday or via telephone by 5pm Friday. Terms and Conditions apply. Please see our website or contact us for more information. Menu is subject to availability.



WE SUPPORT 82 BRITISH DAIRY FARMS



All Eggs used are British Free Range

FARM TO FORK We can trace every cut of meat back to the British farms of origin

Bloomer Bread AVAILABLE EVERY DAY



All our bananas are FAIRTRADE

REDUCING OUR CARBON FOOTPRINT OVER 30% of our products are transported by vehicles that run on biodiesel

FRESH SALAD IS AVAILABLE ON A DAILY BASIS

ALL OUR BEEF is from THE UK OR IRELAND

WE BUY 95% of our seasonal vegetables direct from British growers

Our chicken and milk are Red Tractor approved