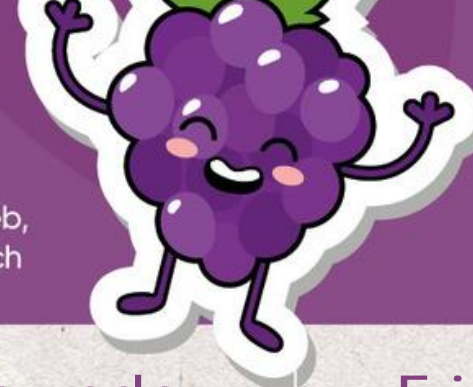




Week 1

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

Tuesday

Option 1

Beef and Vegetable
Pasta Bake

Option 2

Sweet Potato Whirl
with Potato Crispers

Wednesday

Option 1

Roast Chicken
with Roast Potatoes
and Gravy

Option 2

Quorn Sausage
with Roast Potatoes
and Gravy

Thursday

Option 1

Spanish Chicken
with Rice

Option 2

Meat Free Bolognese
with Pasta

Friday

Option 1

Harry Ramsden's
Fish with
Oven Chips

Option 2

Cheese and
Onion Slice
with Oven Chips

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

Vegetarian

Option 2

Bombay Beans
and Cheese Topped
Potato Crispers

Tuesday

Option 1

Pork Sausages
with Creamy Potato
and Gravy

Option 2

Meat Free Sausages
with Creamy Potato
and Gravy

Wednesday

Option 1

Roast Gammon
with Roast Potatoes
and Gravy

Option 2

Meat Free Lattice Slice
with Roast Potatoes
and Gravy

Thursday

Option 1

Spaghetti
Bolognese

Option 2

Bean Burrito
with Salad

Friday

Option 1

Fish Fingers with
Oven Chips

Option 2

Meat Free Hot Dog
with Oven Chips



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:

Shortbread Biscuit
with Fresh Fruit Slices

Dessert:

Fruit
Yoghurt

Dessert:

Raspberry Ripple Vanilla
Ice Cream Sponge Roll

Dessert:

Chocolate Pear Sponge
with Custard

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

Chef's choice
of Pasta

Vegetarian

Option 2

Chef's choice
of Pasta

Tuesday

Option 1

Beef Burger in a Bun
with Oven Chips

Option 2

Meat Free Burger
in a Bun with Oven Chips

Wednesday

Option 1

Roast Chicken
with Roast Potatoes
and Gravy

Option 2

Cauliflower and
Broccoli Cheese
with Roast Potatoes
and Gravy

Thursday

Option 1

Keralan Chicken and
Butternut Squash
Curry with Rice

Option 2

Keralan Spinach and
Butternut Squash
Curry with Rice

Friday

Option 1

Harry Ramsden's
Fish with
Oven Chips

Option 2

Vegan Nuggets
with Oven Chips

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:

Fruit Yoghurt

Dessert:

Apple Sponge
with Custard

Dessert:



Vanilla Ice Cream

Dessert:

Peaches with Custard

Dessert:

Chocolate
Cookie

 Vegetarian  Contains a minimum of 50% fruit