

w/c 7th October, 28th October, 18th November, 9th December, 30th December, 20th January, 10th February

WEEK ONE

MONDAY Authentic Italian

TUESDAY Family Faves

WEDNESDAY Baking British

THURSDAY Food Festival

FRIDAY Fun Day

Main Event

Cheese and Tomato Pasta Bake v
Wholewheat penne with the ultimate tomato sauce topped with cheese

All Day Breakfast

▲

Grilled sausage, egg, beans, tomato and hash brown

Roast Chicken and Gravy with Mash

▲

Chicken fillets with mash, stuffing and gravy

Chicken Curry and Rice

▲

Marinated chicken thigh pieces in a buttery curry sauce with rice

Salmon Fish Fingers and Chips

MSC salmon fish fingers with chips and peas

Vegetarian Section

Quorn Meatballs and Spaghetti

v

Quorn meatballs in a tasty tomato sauce with wholewheat spaghetti

Veggie All Day Breakfast

v

Veggie sausage, egg, beans, tomato and hash brown

Quorn Roast and Gravy with Mash

v

Quorn roast with mash, sage and onion stuffing and gravy

Cauliflower and Lentil Jalfrezi and Rice

v

Lightly spiced cauliflower and lentil curry with rice

Cheese and Bean Wrap and Chips

v

Half a wholewheat wrap stuffed with baked beans and cheese

Packed Lunch Jacket Potatoes

Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit ■

Jacket Potato with Toppings ◆

Italian Crumble Cake

Crumble base filled with apples topped with even more crumble

Winter Sponge

Orange and cinnamon sponge with a twist!

Fruity Loaf

Mixed dried fruit cake with soft brown sugar and cinnamon

New York Cheesecake

Baked cheesecake with fruit topping

Lemon Cookie

Zesty lemon cookie with juicy fruit

The Finale

THEME DAYS

Trip to France

Italian Day Out

Try our Scottish Menu

We offer seasonal vegetables, bread, yoghurt and fruit daily.
(allergy information is available)

w/c 14th October, 4th November, 25th November, 16th December, 6th January, 27th January, 17th February

WEEK TWO

MONDAY Authentic Italian

**Cheese and Tomato
Pizza** v
Pizza topped with
tomato sauce and
cheese

**Tomato and Roasted
Veggie Risotto** v
Roasted peppers,
courgettes and
tomatoes with
edamame beans and
rice

Tiramisu

Soft cheese and
cream layers with
sponge and cocoa

TUESDAY Family Faves

**Beef
Lasagne** ▲
Layers of pasta with
minced beef and
tomato sauce topped
with cheese

**Vegetable
Lasagne** v
Layers of pasta with
vegetables and
tomato sauce topped
with cheese

Winter Fruit Brulee

Dessert pot with berries,
cream and yoghurt
with a crunchy topping

WEDNESDAY Baking British

**Sausage with
Mash** ▲
Pork sausage with mash
and gravy

**Quorn Sausage with
Mash** v
Quorn sausage with
Mash and gravy

Apple and Berry Crumble

Baked apples and
berries topped with an
oaty crumble

THURSDAY Food Festival

**Chicken
Fajitas** ▲
Marinated chicken
with sliced vegetables,
rice and a wheat wrap

**Quorn
Fajitas** v
Marinated Quorn with
sliced vegetables, rice
and a wheat wrap

Mexican Chocolate Pudding

Chocolate and
cinnamon flavoured
sponge and sauce..

FRIDAY Fun Day

**Golden Fish Fingers
and Chips**
MSC pollock
fish fingers with chips

**Sticky Onion and
Cheddar Quiche
and Chips** v
Wholemeal pastry
with a caramelised
onion and cheddar
filling.

Ginger Cookie and Fruit Slices

Ginger Cookie with
juicy fruit

Main
Event

Vegetarian
Section

Packed
Lunch

Jacket
Potatoes

The Finale

THEME
DAYS

Fairytale
Festival

Chinese
New Year

Pancake
Day

We offer seasonal
vegetables, bread,
yoghurt and
fruit daily.
(allergy information
is available)

w/c 21st October, 11th November, 2nd December, 23rd December, 13th January, 3rd February, 24th February

WEEK THREE

MONDAY Authentic Italian

Macaroni Cheese

Baked cheesy pasta with a crunchy topping

Quorn Bolognese

Quorn, vegetable and tomato sauce with wholewheat spaghetti

TUESDAY Family Faves

Minced Beef Pie

Minced beef and carrot pie with gravy and mash

Crispy Topped Vegetarian Pie

Crunchy vegetables in sauce with sliced potato topping

WEDNESDAY Baking British

Roast Chicken and Gravy with Roast Potatoes

Chicken fillets with roast potatoes, sage and onion stuffing and gravy

Quorn Roast and Gravy with Roast Potatoes

Quorn Roast with Roast potatoes, sage and onion stuffing and gravy

THURSDAY Food Festival

Hot Dog and BBQ Beans

Hot Dog sausage in a roll with BBQ flavoured beans

Veggie Dog and BBQ Beans

Veggie sausage in a roll with BBQ flavoured beans

FRIDAY Fun Day

Golden Fish Fingers and Chips

MSC pollock fish fingers with chips

Cheese & Tomato Pinwheel with Chips

Baked bread base with cheese and tomato filling with chips

Main Event

Vegetarian Section

Packed Lunch

Jacket Potatoes

The Finale

Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit

Jacket Potato with Toppings

Lemon Drizzle Flapjack

Oaty flapjack topped with a lemon drizzle

Sticky Ginger Cake

Traditional sticky ginger sponge with custard.

Fruity Rice Pudding

Chilled rice pudding with caramelised pineapple

Vanilla and Blueberry Blondie

Chewy, fruity traybake with vanilla and blueberries

Oaty Energy Cookie

Oat Cookie with juicy fruit

THEME
DAYS

Trip to
Wales

Best of
British

And lots
more ...

We offer seasonal
vegetables, bread,
yoghurt and
fruit daily.
(allergy information
is available)

▲ Meat

▼ Veggie

◆ Jacket Potato

■ Packed Lunch