

# Winter Menu – Week 1

## Monday

Roasted pepper and tomato soup  
Mexican beef chilli  
Vegetarian chilli  
Jacket potatoes  
Taco Shells  
Rice  
Baked Beans  
Sweetcorn  
Tomato, pepper and pomegranate salad  
Pesto pasta salad  
Heritage Beetroot Niçoise salad  
Lemon drizzle cake with custard

## Tuesday

Sweet potato and carrot soup  
Barbequed pork  
Wholemeal pasta with tomato sauce  
Gluten free pasta with tomato sauce  
Jacket potatoes  
Herby diced potatoes  
Watermelon and feta salad  
Classic Greek salad  
Spicy tomato couscous  
Peach shortcake crumble

## Wednesday

Spicy butternut squash soup  
Southern fried chicken goujons  
Veggie burger with brioche bun  
Jacket potatoes  
Skin on wedges  
Half corn on cob  
Tomato Ketchup  
Baby spinach salad  
Potato salad  
Pasta and courgette salad  
Raspberry flapjack muffin

## Thursday

Carrot and coriander soup  
Chicken with pineapple  
Quorn in a black bean sauce  
Jacket potatoes  
Spring rolls  
Egg noodles  
Thai style vegetable stir fry  
Green beans  
Beetroot, spinach and soya bean salad  
Spicy rice and red bean salad  
Puy lentil salad  
Sticky toffee pudding with toffee sauce and custard

## Friday

Cream of mushroom soup  
Breaded pollock fillet  
Gluten free pollock fillet  
Sausages  
Southern fried Quorn escalope  
Jacket potatoes  
Chips  
Baked beans  
Garden peas  
Crunchy cabbage and carrot slaw  
Quinoa with fresh mint and lemon  
Tomato, red onion and green lentil salad  
Cherry and apple crumble with custard

**Salad Items:** Tomatoes, Plain cucumber, Plain beetroot, Herb leaf salad sweetcorn, vinaigrette, fresh croutons, sunflower seeds & olive oil with lemon juice and black pepper

**Dessert Option 2:** Yoghurt, Jelly and Fresh Fruit will be served every day

*All our meals are freshly made*

# Winter Menu – Week 2

## Monday

Leek and potato soup  
Spaghetti Bolognese  
Penne pasta and vegetable bake  
Jacket potatoes  
Garlic bread  
Nut free pesto  
Rocket, spinach and Italian cheese salad  
Watermelon, cucumber, mint and feta salad  
Roasted vegetables and pasta salad  
Chocolate Brownie

## Tuesday

Pea and mint soup  
Chicken Katsu curry  
Veggie Katsu curry  
Halloumi and butternut squash Zaatar skewer  
Vegetarian spring rolls  
Jacket potatoes  
Basmati rice  
Sweetcorn  
Mixed bean salad  
Minted Couscous, pea and spring onion salad  
Caesar salad  
Mixed fruit crumble

## Wednesday

Tomato and Mediterranean vegetable soup  
Roast pork with apple sauce and gravy  
Vegetable Tagine  
Jacket potatoes  
Roast potatoes  
Roasted root vegetables  
Cabbage  
Quinoa, Mangetout and charred broccoli salad with lemon vinaigrette dressing  
Mixed bean salad  
Puy lentil salad  
Secret Brownie

## Thursday

Red lentil soup  
Chicken and tomato pasta bake  
Vegetable Moussaka  
Fusilli pasta with tomato sauce  
Gluten free pasta with tomato sauce  
Jacket potatoes  
Whole green beans  
Tomato, red onion and green lentil salad  
Chargrilled cauliflower with tomato, dill and caper salad  
Mixed bean salad  
Marble cake with chocolate sauce

## Friday

Celeriac soup  
Breaded pollock fillet  
Gluten free pollock fillet  
Roast chicken breast  
Falafel with garlic dip  
Jacket potatoes  
Chips  
Baked beans  
Garden peas  
Crispy bacon, broccoli, egg and parmesan cheese salad  
Couscous salad  
Coleslaw  
Eton Mess

**Salad Items:** Tomatoes, Plain cucumber, Plain beetroot, Herb leaf salad sweetcorn, vinaigrette, fresh croutons, sunflower seeds & olive oil with lemon juice and black pepper

**Dessert Option 2:** Yoghurt, Jelly and Fresh Fruit will be served every day

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# Winter Menu – Week 3

## Monday

Roasted red pepper and tomato soup  
Cumberland sausages  
Vegetarian sausages  
Jacket potatoes  
Creamy mash potato  
Baked beans  
Cabbage with apple  
Garden peas  
Gravy  
Mixed bean salad  
Puy lentil salad  
Rocket, spinach and Italian cheese salad  
Orange drizzle cake with custard

## Tuesday

Sweet potato and carrot soup  
Traditional Beef lasagne  
Penne pasta with tomato sauce  
Gluten free pasta with tomato sauce  
Mediterranean vegetable lasagne  
Herby garlic bread  
Skin on wedges  
Broccoli  
Sweetcorn  
Couscous  
Minted Couscous, pea and spring onion salad  
Grated carrot and sultana salad  
Vanilla sponge with custard

## Wednesday

Butternut soup  
Pepperoni pizza  
Margherita pizza  
Jacket potatoes  
Skin on wedges  
Baked beans  
Coronation chicken salad  
Butterbeans with sweet chilli and fresh herb salad  
Potato salad  
Ginger sponge cake

## Thursday

Carrot and coriander soup  
Creamy chicken curry  
Nice and spicy spinach and potato curry  
Penne pasta with tomato sauce  
Gluten free pasta with tomato sauce  
Jacket potatoes  
50/50 Rice Poppadom  
Vegetarian samosas  
Broccoli  
Sweetcorn  
Sweet potato salad  
Roasted Vegetables  
Minted Couscous, pea and spring onion salad  
Carrot cake

## Friday

Roasted parsnip and apple soup  
Breaded pollock fillet  
Gluten free pollock fillet  
Bacon frittata  
Cheese and potato pie  
Jacket potatoes  
Chips  
Baked beans  
Garden peas  
Mixed bean salad  
Chargrilled cauliflower, tomato, dill and caper salad  
Marble cake

**Salad Items:** Tomatoes, Plain cucumber, Plain beetroot, Herb leaf salad  
sweetcorn, vinaigrette, fresh croutons, sunflower seeds & olive oil with lemon juice and black pepper

**Dessert Option 2:** Yoghurt, Jelly and Fresh Fruit will be served every day

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