

# LUNCH

w/c 24.11.25

|                  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|------------------|--|---|--|--|--|
| MAIN MEAL        | Beef bolognaise with optional garlic bread         | Chicken nachos with salsa                           | Chilli con carne                                   | Thanksgiving<br>Maple roast gammon & gravy                         | MSC breaded fish fillet                          |
| MEAT FREE        | Stuffed peppers                                    | Paneer & cauliflower curry                          | Cheese & onion pasty                               | Smokey beans   | Falafel pitta with lettuce                       |
| ON THE SIDE      | Diced potatoes<br>Cabbage & broccoli               | Potato wedges<br>Sweetcorn & carrots                | Rice<br>Sweetcorn & green beans                    | Sweet potato & British<br>potato mash<br>Steamed carrots & cabbage | Oven chips<br>British garden peas &<br>sweetcorn |
| CRUDITIES        | Seasonal crudities                                 | Seasonal crudities                                  | Seasonal crudities                                 | Seasonal crudities   | Seasonal crudities                               |
| PASTA/JACKET BAR | Pasta with sauces & sides                          | Jacket potato with baked<br>beans & grated cheese   | Pasta with sauces & sides                          | Jacket potato with baked<br>beans & grated cheese                  | Pasta with sauces & sides                        |
| DESSERT          | Pineapple upside down                              | Oaty maple cookies                                  | Toffee apple crumble muffins                       | Pumpkin cookies  | Fruit rice crispy nest                           |
| EVERY DAY        | SELECTION OF YOGURT & FRESHLY CUT FRUIT            |   |  |  |  |
| MORNING BREAK    | Tortilla chips, rich tea biscuits<br>& fresh fruit | Cream crackers, digestive<br>biscuits & fresh fruit | Tortilla chips, rich tea biscuits<br>& fresh fruit | Cream crackers, digestive<br>biscuits & fresh fruit                | Shortie biscuits with fresh<br>fruit             |

# LUNCH

w/c 01.12.25

|                  | MONDAY  | TUESDAY  | WEDNESDAY                                       | THURSDAY   | FRIDAY  |
|------------------|---|--|---|--|---|
| MAIN MEAL        | Pork & peppers with a sweet & sour sauce        | Roast chicken dinner with stuffing & gravy       | Minced beef & vegetable pie                     | Chicken fillet with a garlic butter sauce        | Butcher's sausages & onions                     |
| MEAT FREE        | Tortellini formaggio with a nut free pesto      | Vegetable noodles                                | Vegetable stew                                  | Cheese & potato pie                              | Tortilla triangles                              |
| ON THE SIDE      | Steamed rice<br>Broccoli & sweetcorn            | Roast potatoes<br>Carrots & greens               | Mashed potatoes<br>British peas & carrots       | Diced potatoes<br>Carrots & cabbage              | Oven chips<br>Baked beans & British garden peas |
| CRUDITIES        | Seasonal crudities                              | Seasonal crudities                               | Seasonal crudities                              | Seasonal crudities                               | Seasonal crudities                              |
| PASTA/JACKET BAR | Pasta with sauces & sides                       | Jacket potato with baked beans & grated cheese   | Pasta with sauces & sides                       | Jacket potato with baked beans & grated cheese   | Pasta with sauces & sides                       |
| DESSERT          | Honey flapjack                                  | Victoria sandwich                                | Low sugar Oat apple crumble & custard           | Wholemeal shortbread finger                      | Carrot muffins                                  |
| EVERY DAY        | SELECTION OF YOGURT & FERSHLY CUT FRUIT         |  |   |  |   |
| MORNING BREAK    | Tortilla chips, rich tea biscuits & fresh fruit | Cream crackers, digestive biscuits & fresh fruit | Tortilla chips, rich tea biscuits & fresh fruit | Cream crackers, digestive biscuits & fresh fruit | Shortie biscuits with fresh fruit               |

# LUNCH

w/c 08.12.25

|                  | MONDAY  | TUESDAY  | WEDNESDAY                                       | THURSDAY   | FRIDAY   |
|------------------|---|--|---|--|--|
| MAIN MEAL        | Chicken curry with optional naan bread          | Butcher's sausages with gravy                    | Lasagne with optional garlic bread              | Roast pork with apple sauce & gravy              | Chicken fajitas with salsa & a tortilla wrap               |
| MEAT FREE        | Stuffed mushrooms                               | Lentil cottage pie                               | Cauliflower cheese                              | Cheddar & pepper tortilla quiche                 | Veggie burritos  |
| ON THE SIDE      | Steamed rice<br>Cabbage & sweetcorn             | Mashed potatoes<br>Carrots & cauliflower         | Herby roast potatoes<br>Green beans & carrots   | Roast potatoes<br>Steamed carrots & broccoli     | Oven chips<br>Baked beans, British garden peas & sweetcorn |
| CRUDITIES        | Seasonal crudities                              | Seasonal crudities                               | Seasonal crudities                              | Seasonal crudities                               | Seasonal crudities   |
| PASTA/JACKET BAR | Pasta with sauces & sides                       | Jacket potato with baked beans & grated cheese   | Pasta with sauces & sides                       | Jacket potato with baked beans & grated cheese   | Pasta with sauces & sides                                  |
| DESSERT          | Dairy free brownie                              | Banana loaf                                      | Blueberry cup cake                              | Apple crumble & custard                          | Dairy free lemon sponge                                    |
| EVERY DAY        | SELECTION OF YOGURT & FERSHLY CUT FRUIT         |  |   |  |  |
| MORNING BREAK    | Tortilla chips, rich tea biscuits & fresh fruit | Cream crackers, digestive biscuits & fresh fruit | Tortilla chips, rich tea biscuits & fresh fruit | Cream crackers, digestive biscuits & fresh fruit | Shortie biscuits with fresh fruit                          |