

CLASSIC
MAIN MEAL

VEGETARIAN
MAIN MEAL

Plant Power

sweet treats

PICK N' MIX
DELI

GRAB A ROLL
made fresh daily

all main courses are served with a salad and homemade breads

jelly, fruit and yoghurts available everyday

MONDAY

Creamy Tomato And Salmon Pasta

Cheese & Tomato Pizza, With Wedges

Sweetcorn

Strawberry Yoghurt With Strawberry Sauce

Cheese Roll
Chicken Roll

TUESDAY

Classic Beef Lasagna

Vegetarian Lasagna

Italian Vegetables

Original Flapjack

Chicken Roll
Egg Mayonnaise Roll

WEDNESDAY

Roast Chicken & Gravy

Vegan Sausage Puff With & Gravy

Roast Potatoes & Seasonal Vegetables (Carrots, Swede And Leek)

Strawberry Jelly And Mandarins

Cheese Roll
Chicken Roll

THURSDAY

Creamy Chicken Korma With Mixed Rice

Baked Mac And Cheese

Tomato, Cucumber & Carrot Salad

Chocolate & Apple Sponge With Custard

Tuna Mayonnaise Roll
Cheese Roll

FRIDAY

Fish Fingers & Chips

Vegan Vegetable Nuggets & Chips

Baked Beans

Vegan Shortbread

Egg Mayonnaise Roll
Tuna Mayonnaise Roll

we support British farmers by buying local produce



AVAILABLE EVERYDAY

Baked Potato

Served With Either Cheese, Tuna Mayo Or Baked Beans

AVAILABLE EVERYDAY

Freshly Cooked Pasta

Served with Cheese Sauce (Mon/Wed/Fri) Or Tomato Sauce (Tues/Thurs)



Key And Additional Information *

*Pork sausage casing is made from beef



Vegan



Dolphin Safe



MSC Certified



50-50 Wholemeal Pasta/ Wholegrain Grain Rice

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GRAB A ROLL made fresh daily

MONDAY

Chicken Sausage, Mash And Gravy*

Vegan Sausage, Mash And Gravy

Carrots & Peas

Chocolate Cookie

Cheese Roll
Chicken Roll

TUESDAY

Chicken & Tomato Pasta Bake

Cheesy Cauliflower Pasta Bake

Sweetcorn

Oaty Apple Crumble And Custard

Chicken Roll
Egg Mayonnaise Roll

WEDNESDAY

Roast Turkey & Gravy

Roast Vegan Quorn Fillet With Gravy

Roast Potatoes & Seasonal Vegetables (Cauliflower, Leek And Carrots)

Strawberry Yoghurt With Strawberry Sauce

Cheese Roll
Chicken Roll

THURSDAY

Sticky Beef & Carrot Rice

Vegetable Stir Fry With Carrot Rice

Garden Peas And Broccoli

Banana Sponge & Custard

Tuna Mayonnaise Roll
Cheese Roll

FRIDAY

Battered Fish & Chips

Margherita Wrap & Chips

Baked Beans

Orange Jelly

Egg Mayonnaise Roll
Tuna Mayonnaise Roll

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AVAILABLE EVERYDAY

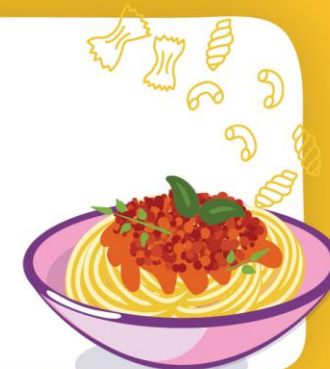
Baked Potato

Served with either Cheese, Tuna Mayo Or Baked Beans

AVAILABLE EVERYDAY

Freshly Cooked Pasta

Served with Cheese Sauce (Tues/Thurs) Or Tomato Sauce (Mon/Wed/Fri)



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50-50 Wholemeal pasta/wholegrain grain rice

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MONDAY

Vegetarian Chili Nacho Bake

all main courses are served with a salad and homemade breads

Margherita Pizza & Wedges



Sweetcorn

Strawberry Yoghurt With Strawberry Sauce

jelly, fruit and yoghurts available everyday

Cheese Roll
Chicken Roll

GRAB A ROLL made fresh daily

TUESDAY

Beef Bolognese Pasta

Vegan Bolognese Pasta



Broccoli

Autumn Fruit Pie And Custard

Chicken Roll
Egg Mayonnaise Roll

WEDNESDAY

Roast Chicken & Gravy



Cheese, Leek And Potato Pie

Roast Potatoes & Seasonal Vegetables (Carrots, Swede And Leek)

Strawberry Jelly



Cheese Roll
Chicken Roll

THURSDAY

Sweet And Sour Chicken With Carrot Rice



Mixed Bean And Vegetable Wrap

Garden Peas

Chocolate Sponge And Chocolate Sauce

Tuna Mayonnaise Roll
Cheese Roll

FRIDAY

Fish Fingers & Chips



Southern Style Quorn Burger & Chips

Baked Beans

Carrot Cake Cookie

Egg Mayonnaise Roll
Tuna Mayonnaise Roll

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AVAILABLE EVERYDAY

Baked Potato

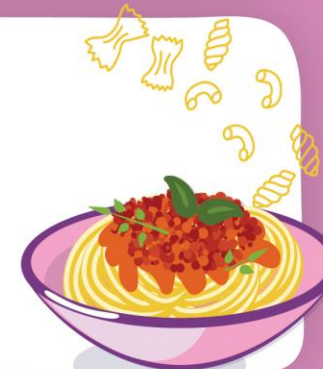
Served With Either Cheese, Tuna Mayo Or Baked Beans



AVAILABLE EVERYDAY

Freshly Cooked Pasta

Served with Cheese Sauce (Mon/Wed/Fri) Or Tomato Sauce (Tues/Thurs)



Key And Additional Information *

*Pork sausage casing is made from beef



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50-50 Wholemeal pasta/ wholegrain grain rice

Menu

Cucina

AVAILABLE EVERYDAY



jelly, fruit and
yoghurts



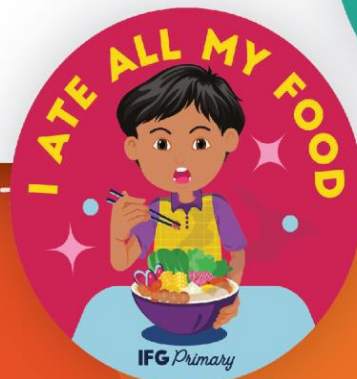
pasta served with
a sauce of the day



freshly baked
jacket potato

COLLECT OUR STICKERS!

When you try new foods and eat a variety of colourful fruits and veggies, you can collect our amazing "Good Eater" stickers.



DID YOU KNOW?

Water makes up two thirds of our body. Water carries nutrients to cells, helps maintain body temperature and keeps your brain awake. We should always drink plenty of water as it's by far the healthiest drink!

