

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

Cheese and Tomato Pasta Bake v

Wholewheat penne with the ultimate tomato sauce topped with cheese

All Day Breakfast ▲

Chicken 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

Fish Fingers and Chips

MSC fish fingers with chips and peas

Main
Event

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 Sausage Roll and Gravy with Mash v

Quorn sausage pastry with mash and gravy

Vegetable Samosa and Rice v

Lightly spiced Vegetable Pastry with rice

Cheese and Bean Wrap and Chips v

Half a wholewheat wrap stuffed with baked beans and cheese

Vegetarian
Section

Jacket Potatoes

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!

Chocolate Mousse

Soft and creamy chocolate whip

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

TUESDAY Family Faves

Lamb Bolognese ▲
Pasta with minced
lamb and tomato
sauce

WEDNESDAY Baking British

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

THURSDAY Food Festival

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

FRIDAY Fun Day

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

Main
Event

Veggie Burger in a Bun

v
Veggie Burger in a soft
bun

Vegetable Lasagne

v
Layers of pasta with
vegetables and
tomato sauce topped
with cheese

Cheese and Onion Pasty

v
Savoury Pastry filled
with cheddar cheese,
potato and onion

Quorn Fajitas

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

Sticky Onion and Cheddar Quiche and Chips

v
Wholemeal pastry
with a caramelised
onion and cheddar
filling.

Vegetarian
Section

Jacket Potatoes

Jacket Potato with Toppings

Tiramisu

Soft cheese and
cream layers with
sponge and cocoa

Jelly

Fruit flavoured
Jelly pots

Apple and Berry Crumble

Baked apples and
berries topped with an
oaty crumble

Mexican Chocolate Pudding

■
Chocolate and
cinnamon flavoured
sponge and sauce..

Ginger Cookie and Fruit Slices

Ginger Cookie with
juicy fruit

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	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Main Event	Macaroni Cheese v Baked cheesy pasta with a crunchy topping	Minced Lamb Pasties ▲ Minced Lamb and carrot pies with gravy and mash	Roast Chicken and Gravy with Roast Potatoes ▲ Chicken fillets with roast potatoes, sage and onion stuffing and gravy	Chicken Nuggets ▲ Chicken Nuggets with BBQ flavoured beans	Golden Fish Fingers and Chips MSC fish fingers with chips
Vegetarian Section	Quorn Bolognese v Quorn, vegetable and tomato sauce with wholewheat spaghetti	Vegetable and Chilli Wrap v Spicy Vegetables in a floured tortilla	Veggie Quiche with Roast Potatoes v Savoury Vegetable and egg flan with new potatoes	Veggie Dog and BBQ Beans v Veggie sausage in a roll with BBQ flavoured beans	Cheese & Tomato Pinwheel with Chips v Baked bread base with cheese and tomato filling with chips
Jacket Potatoes	Jacket Potato with Toppings				
The Finale	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	Strawberry Mousse ■ Soft and Creamy Strawberry Whip	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)