

## Weekly Menu

A vegan meal is available on request on days when (vg) is not shown as a choice on the menu. All our fish is natural whole fillet and although great care has been taken to remove all bones, some may remain.

Sept 2021 Choice + Jkt + Pasta

## Week one

Week Commencing: 30/08, 20/9, 11/10, 1/11, 22/11, 13/12, 3/1/22, 24/1, 14/2, 7/3, 28/3, 2/5, 23/5, 20/6, 11/7.

## Choose a main meal...

British Pork Sausages with Gravy and Creamy Mashed Potatoes

(v,h) Chinese Style Quorn with Noodles

Pasta Bar – Barbeque Chicken

(v) Filled Jacket Potato Choice

## MONDAY

## On the side...

Fresh Salad Bar  
Vegetables of the Day

## For dessert...

(v) Strawberry Swirl Mousse  
(v) Cheddar Cheese, Crackers and Apple Slices  
(v) Organic Yoghurt or Fresh Fruit

## Choose a main meal...

Barbeque Marinated British Chicken Breast Wrap, Baked Potato Wedges

(v,h) Chef's Free Range Omelette with Baked Potato Wedges

(v) Pasta Bar – Tomato Mascarpone

(v) Filled Jacket Potato Choice

## TUESDAY

## On the side...

Fresh Salad Bar  
Corn on the Cob or Peas

## For dessert...

(v,h) Peach Melba Sponge with Raspberry Drizzle Icing  
(v) Organic Yoghurt or Fresh Fruit

## Choose a main meal... WEDNESDAY ROAST

British Roast Pork Joint or Loin Steak or Gammon Joint, Sage and Onion Stuffing, Gravy and Crispy Roast Potatoes

(v) Vegetable Korma with Rice

Pasta Bar – Italian Meatballs

(v) Filled Jacket Potato Choice

## WEDNESDAY

## On the side...

Fresh Salad Bar  
Vegetables of the Day

## For dessert...

(v,h) Apple Charlotte and Custard  
(v) Ice Cream Tub  
(v) Organic Yoghurt or Fresh Fruit

## Choose a main meal...

(h) Lowerhurst Farm Organic Beef Bolognese with Pasta and Malted Wheat Baguette

(v,h) Cheddar Cheese and Potato Pie

Pasta Bar – Bangers and Beans

(v) Filled Jacket Potato Choice

## THURSDAY

## On the side...

Fresh Salad Bar  
Vegetables of the Day or Baked Beans

## For dessert...

(v) Chocolate Mousse with Fruit in Juice on the Side  
(vg,h) Cherry Cookie  
(v) Organic Yoghurt or Fresh Fruit

## Choose a main meal... FISHY FRIDAY

(msc) Crispy Salmon Fishcake with Criss-Cross Potatoes

(v,h) Cheese and Tomato Pizza with Criss-Cross Potatoes

(v) Pasta Bar – Tomato and Basil

(v) Filled Jacket Potato Choice

## FRIDAY

## On the side...

Fresh Salad Bar  
Peas or Baked Beans

## For dessert...

(v,h) Chocolate Frosted Sponge  
(v) Organic Yoghurt or Fresh Fruit

## Week two

Week Commencing: 6/9, 27/9, 18/10, 8/11, 29/11, 10/1/22, 31/1, 14/3, 4/4, 9/5, 6/6, 27/6, 18/7.

## Choose a main meal...

Organic Pork Meatballs, Rich and Rustic Tomato Gravy and Pasta

(vg,h) Veggie Sausages with Gravy and Crispy Diced Potatoes

Pasta Bar – Bangers and Beans

(v) Filled Jacket Potato Choice

## MONDAY

## On the side...

Fresh Salad Bar  
Vegetables of the Day

## For dessert...

(vg,h) Chef's Choice Flapjack  
(v) Organic Yoghurt or Fresh Fruit

## Choose a main meal...

Brunch Lunch – Bacon Medallion, Pork Sausage, Omelette and Baked Potato Wedges

(v,h) Mild and Creamy Quorn Korma with Wholegrain Rice

Pasta Bar – Barbeque Chicken

(v) Filled Jacket Potato Choice

## TUESDAY

## On the side...

Fresh Salad Bar  
Peas or Baked Beans

## For dessert...

(v,h) Chef's Sponge Cake Choice with Fruit in Juice on the Side  
(v) Organic Yoghurt or Fresh Fruit

## Choose a main meal... WEDNESDAY ROAST

British Roast Beef, Yorkshire Pudding, Gravy and Crispy Roast Potatoes

(vg,h) Veggie Bolognese with Noodles

(v) Pasta Bar – Tomato and Basil

(v) Filled Jacket Potato Choice

## WEDNESDAY

## On the side...

Fresh Salad Bar  
Vegetables of the Day

## For dessert...

(v,h) Fruit Crumble and Custard  
(v) Ice Cream Tub  
(v) Organic Yoghurt or Fresh Fruit

## Choose a main meal...

(h) British Chicken Pie with Gravy, Creamy Mash or Crispy Potatoes

(vg) Breadcrumbed Vegetable Fingers with Crispy Potatoes

Pasta Bar – Italian Meatballs

(v) Filled Jacket Potato Choice

## THURSDAY

## On the side...

Fresh Salad Bar  
Vegetables of the Day  
Baked Beans

## For dessert...

(v,h) Up Beet Chocolate Cake  
(v) Organic Yoghurt or Fresh Fruit

## Choose a main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fillet with Chipped Potatoes

(v) Quorn Nuggets with Rainbow Rice/Sweet Chilli Dip

(v) Pasta Bar – Tomato Mascarpone

(v) Filled Jacket Potato Choice

## FRIDAY

## On the side...

Fresh Salad Bar  
Peas or Baked Beans

## For dessert...

(v) Two Dinky Doughnuts with Dipping Sauce  
(v) Organic Yoghurt or Fresh Fruit

## Week three

Week Commencing: 13/9, 4/10, 15/11, 6/12, 17/1/22, 7/2, 28/2, 21/3, 25/4, 16/5, 13/6, 4/7.

## Choose a main meal - MEAT FREE MONDAY

(v) Cheese and Tomato Pizza with Baked Potato Wedges

(vg) Plant Power Veggie Balls in Rich and Rustic Tomato Sauce with Rice

(v) Pasta Bar – Tomato and Basil

(v) Filled Jacket Potato Choice

## MONDAY

## On the side...

Fresh Salad Bar  
Peas

## For dessert...

(vg,h) Chocolate Cracknel  
(v) Organic Yoghurt or Fresh Fruit

## Choose a main meal...

Lowerhurst Farm Organic Beef Grill in a High Fibre Bun with Crispy Potatoes

(v,h) Cheesy Pasta Bake with Malted Wheat Baguette

Pasta Bar – Bangers and Beans

(v) Filled Jacket Potato Choice

## TUESDAY

## On the side...

Fresh Salad Bar  
Vegetables of the Day

## For dessert...

Jelly with Fruit  
(v) Ice Cream Tub  
(v) Organic Yoghurt, Raisins or Fresh Fruit

## Choose a main meal... WEDNESDAY ROAST

British Roast Chicken Joint or Fillet, Gravy and Crispy Roast Potatoes

(v) Quorn Fillet, Gravy and Crispy Roast Potatoes

Pasta Bar – Italian Meatballs

(v) Filled Jacket Potato Choice

## WEDNESDAY

## On the side...

Fresh Salad Bar  
Vegetables of the Day

## For dessert...

(v,h) Syrup Sponge with Custard  
(vg,h) Zesty Orange Cookie  
(v) Organic Yoghurt or Fresh Fruit

## Choose a main meal...

(h) Lowerhurst Farm Organic Beef and Tomato Fusilli with Garlic Bread

(vg) Veggie Hot Dog in a Finger Roll with Ketchup and Baked Potato Wedges

Pasta Bar – Barbeque Chicken

(v) Filled Jacket Potato Choice

## THURSDAY

## On the side...

Fresh Salad Bar  
Vegetables of the Day

## For dessert...

(vg,h) Shortbread  
(v) Organic Yoghurt or Fresh Fruit

## Choose a main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fingers with Chipped Potatoes

(v) Jacket Potato with Cheddar Cheese

(v) Pasta Bar – Tomato Mascarpone

(v) Filled Jacket Potato Choice

## FRIDAY

## On the side...

Fresh Salad Bar  
Peas or Baked Beans

## For dessert...

(v,h) Chocolate and Pear Brownie  
(v) Ice Cream Tub  
(v) Organic Yoghurt or Fresh Fruit