

EAT

LEARN

LIVE

food glorious food



WEEK 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| Mexican Chilli Beef with Rice | Calypso Chicken served with Pasta | Roast Beef in Gravy served with Crispy Roast Potatoes | Lasagne served with Tomato and Garlic Bread | Battered Cod Portion With Chunky Chips |
| Trio of Vegetables Mornay with Champ Mash | Vegetable Samosa | Quorn and Vegetable Stir Fry with Black Bean Sauce | Vegetable Risotto | Quorn Vegetable and Potato Layer Pie with Oven Baked Jacket Wedges |
| Lancashire Hot Pot | Savoury Minced Beef with Dumplings | Turkey Casserole served with Champ Mash | Minced Beef Cottage Pie with Beans | Fish Jambalaya |
| Golden Sweetcorn Fresh Sliced Carrots Or Seasonal Salad Selection | Fresh Cauliflower Swede Or Seasonal Salad Selection | Fresh Sliced Carrots Green Beans Or Seasonal Salad Selection | Fresh Courgettes Mixed Vegetables Or Seasonal Salad Selection | Garden Peas Baked Beans Or Seasonal Salad Selection |
| Warm Dorset Apple Cake with Vanilla Sauce | Jelly Yoghurt Whip | Apple and Rhubarb Crumble with Custard | Chocolate Mandarin Sponge with Chocolate Sauce | Crunchy Fruit Crumble with Custard |
| Fresh Fruit Selection Tortoria Pizza Selection | Fresh Fruit Selection Tortoria Pizza | Fresh Fruit Selection Tortoria Pizza Selection | Fresh Fruit Selection Tortoria Pizza Selection | Fresh Fruit Selection Tortoria Pizza Selection |
| Pasta and Toppings | Pasta and Toppings | Pasta and Toppings | Pasta and Toppings | Pasta and Toppings |
| Jacket Potato Topped with Hot and Cold fillings | Jacket Potato Topped with Hot and Cold fillings | Jacket Potato Topped with Hot and Cold fillings | Jacket Potato Topped with Hot and Cold fillings | Jacket Potato Topped with Hot and Cold fillings |
| Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks | Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks | Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks | Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks | Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks |
| A selection of tasty, fresh, home-baked cakes and treats | A selection of tasty, fresh, home-baked cakes and treats | A selection of tasty, fresh, home-baked cakes and treats | A selection of tasty, fresh, home-baked cakes and treats | A selection of tasty, fresh, home-baked cakes and treats |



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WEEK 2

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|--|--|--|--|--|
| Country Beef and Vegetable Pie | Beef Bolognaise served with Pasta | Roast Chicken in Gravy served with Crispy Roast Potatoes | Beef Cobbler with Champ Mash Potato | Battered Cod Portion With Chunky Chips |
| Macaroni Cheese | Caribbean Fruity Curry served with Rice | Vegetable Lasagne served with Garlic and Herb Wedge | Vegetarian Pasta Bake | Vegetable Chilli served with Rice |
| Chicken Jalfrezi served with Rice | Lamb Korma served with Rice | | | Sweet and Sour Pork Served with Noodles |
| Garden Peas Roasted Vegetables Or Seasonal Salad Selection | Cauliflower Florets Garden Peas Or Seasonal Salad Selection | Broccoli Florets Golden Sweetcorn Or Seasonal Salad Selection | Broccoli Florets Diced Swede Or Seasonal Salad Selection | Garden Peas Baked Beans Or Seasonal Salad Selection |
| Mixed Fruit Pie with Custard | Ginger Sponge with Vanilla Sauce | Chocolate and Orange Fudge Cake | Ice Cream with Peaches | Toffee Apple Crumble served with Custard |
| Fresh Fruit Selection | Fresh Fruit Selection | Fresh Fruit Selection | Fresh Fruit Selection | Fresh Fruit Selection |
| Trattoria Pizza Selection Pasta and Toppings | Trattoria Pizza Pasta and Toppings | Trattoria Pizza Selection Pasta and Toppings | Trattoria Pizza Selection Pasta and Toppings | Trattoria Pizza Selection Pasta and Toppings |
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WEEK 3

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|--|--|--|--|--|
| Country Beef Hot Pot served with Champ Mash | Minced Beef and Dumplings | Roast Turkey in Gravy served with Crispy Roast Potatoes | Minced Lamb with Garlic and Herb Crust served with New Potatoes | Battered Cod Portion With Chunky Chips |
| Quorn Sausage and Vegetable Arrabiatta with Pasta | Salmon Fish Cakes Served with Potato Wedges | Vegetarian Swiss Cottage Pie | Creamy Salmon Pasta | Quorn and Vegetable Hot Pot |
| Chicken Tikka Massala served with Rice | Frittata | Quorn and Vegetable Oriental Stir Fry with Noodles | Vegetable Bolognese served with Rice | Sweet and Sour Chicken served with Rice |
| Fresh Broccoli Florets Golden Sweetcorn Or Seasonal Salad Selection | Fresh Sliced Carrots Garden Peas Or Seasonal Salad Selection | Fresh Broccoli Florets Mixed Vegetables Or Seasonal Salad Selection | Fresh Sliced Carrots Golden Sweetcorn Or Seasonal Salad Selection | Cauliflower Florets Mushy Peas Or Seasonal Salad Selection |
| Mixed Fruit Crunch Crumble with Custard | Fruity Rice Pudding | Apple and Cinnamon Strudel served with Custard | Lemon Love Cake served with Custard | Pineapple Upside Down Pudding served with Custard |
| Fresh Fruit Selection | Fresh Fruit Selection | Fresh Fruit Selection | Fresh Fruit Selection | Fresh Fruit Selection |
| Trattoria Pizza Selection Pasta and Toppings | Trattoria Pizza Pasta and Toppings | Trattoria Pizza Selection Pasta and Toppings | Trattoria Pizza Selection Pasta and Toppings | Trattoria Pizza Selection Pasta and Toppings |
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