

Week one

29/10 19/11 10/12 31/12 21/01 11/02 04/03 23/03

Choose a main meal...
 Chicken Pie with New Potatoes & Gravy
 Cheese & Tomato Pizza with Wholemeal base ^v
 Jacket Potato with Baked Beans or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Raspberry Slice
 Fresh Fruit or Yoghurt

Choose a main meal...
 Italian Beef Meatballs with Rice
 Macaroni Cheese ^v
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Mixed Fruit Crumble & Custard
 Fresh Fruit or Yoghurt

Choose a main meal...
 Roast Chicken with Mashed Potato & Gravy
 Veggie Meatballs in Gravy with Mashed Potato ^v
 Jacket Potato with Baked Beans, Tuna & Salmon Mayo or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Flagjack
 Fresh Fruit or Yoghurt

Choose a main meal...
 Beef Pasta Bolognese
 Omelette with Jacket Wedges ^v
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Iced Lemon Cake
 Fresh Fruit or Yoghurt

Choose a main meal...
 Fish Fingers & Chips
 Butternut Squash & Chickpea Curry with Chips ^v
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Apricot Shortbread
 Fresh Fruit

Week two

05/11 26/11 17/12 07/01 28/01 11/03 01/04

Choose a main meal...
 Chicken Koroma with Rice
 Cheese & Tomato Pizza on a Wholemeal Base ^v
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Jam Sponge & Custard
 Fresh Fruit or Yoghurt

Choose a main meal...
 Pork Sausages with Chips
 Vegetarian Sausages with Chips ^v
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Chocolate Cookie
 Fresh Fruit or Yoghurt

Choose a main meal...
 Roast Turkey with Mashed Potato & Gravy
 Vegetarian Winter Pie ^v
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Toffee Apple Muffin
 Fresh Fruit

Choose a main meal...
 Chicken in Tomato & Basil Sauce with Pasta
 Vegetarian Bolognese with Pasta ^v
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Banana Marble Sponge & Custard
 Fresh Fruit or Yoghurt

Choose a main meal...
 Fishcake with Diced Potatoes
 Quorn Hotdog with Diced Potatoes ^v
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Apricot Shortbread
 Fresh Fruit or Yoghurt

Week three

12/11 03/12 14/01 04/02 25/02 18/03 08/04

Choose a main meal...
 Pork Sausages with Mashed Potato & Gravy
 Vegetarian Sausages with Mashed Potato & Gravy ^v
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Flapjack
 Fresh Fruit

Choose a main meal...
 Minced Beef Stew with Dumplings
 Cheese & Tomato Pasta Bake ^v
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Peach Sponge with Custard
 Fresh Fruit or Yoghurt

Choose a main meal...
 Roast Chicken with Roast Potatoes & Gravy
 Baked Bean Lasagne ^v
 Jacket Potato with Baked Beans or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Chocolate Muffin
 Fresh Fruit or Yoghurt

Choose a main meal...
 Beef Lasagne with Garlic Roll
 Cheese & Tomato Pizza Wholemeal Pizza Base ^v
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Apple Crumble & Custard
 Fresh Fruit or Yoghurt

Choose a main meal...
 Fish Fingers & Chips
 Veggie Meatball Sub ^v
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Orange Cookie
 Fresh Fruit or Yoghurt

All our milk is Red Tractor approved



WE BUY 95% of our seasonal vegetables direct from British growers



FRESH SALAD IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER 30% of our products are transported by vehicles that run on biodiesel

All our bananas are FAIRTRADE



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ADULTS/MINIMUM 2018/19 MENU BLOCKS: NORTH-HAWTON, BEES, WILTON, KEWES

THEME DAYS - See separate posters for details

© Corinn Park or Beef

British Lion Quality

change 4Life

one light

3

WE SUPPORT 82 BRITISH DAIRY FARMS



We only use Lion Quality British Eggs



FARM TO FORK We can trace every cut of meat back to the farms of origin

ALL OUR BREAD IS FRESHLY BAKED EVERY DAY