



Every day we offer: Fruit Juice Cordial, Organic Semi Skimmed Milk, and a Fresh Bread Basket.  
Ketchup is offered with selected dishes. Vegetable accompaniments change to reflect seasonal availability.

## Week one

Week Commencing: 11/11, 2/12, 6/1/20, 27/1, 24/2, 16/3, 20/4, 11/5, 8/6, 29/6.

### Main meal...

British Pork Sausages with Gravy and Creamy Mashed Potatoes

(v,h) Chinese Style Quorn with Noodles

### MONDAY

#### On the side...

Vegetables of the Day

#### For dessert...

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

### Main meal...

Chicken Fillet Wrap with BBQ Sauce, Baked Potato Wedges

(v,h) Farmhouse Omelette, Baked Potato Wedges

### TUESDAY

#### On the side...

Fresh Salad

Corn on the Cob

#### For dessert...

(v,h) Iced Mandarin Sponge  
(v) Organic Yoghurt or Fresh Fruit

### OUR ROAST OF THE DAY

### WEDNESDAY

British Roast Pork Joint/Loin or Gammon Joint, Apple Sauce, Gravy, Crispy Roast Potatoes

(v) Veggie Toad in the Hole, Gravy, Crispy Roast Potatoes

#### On the side...

Vegetables of the Day

#### For dessert...

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

### Main meal...

(h) Organic Beef Bolognaise Pasta Bake, Malted Wheat Baguette

(v,h) Homemade Rustic Cheese & Tomato Pizza, Crispy Potatoes

### THURSDAY

#### On the side...

Fresh Salad

Vegetables of the Day

#### For dessert...

(v) Creamy Whip with Fruit in Juice  
(v,h) Homemade Ginger Cookie  
(v) Organic Yoghurt or Fresh Fruit

### Main meal...

#### SEASIDE SPECIAL FISHY FRIDAY

(msc) Crispy Fishcake, Criss-Cross Potatoes

(v,h) Not Too Spicy Vegetable Burrito, Criss-Cross Potatoes

### FRIDAY

#### On the side...

Peas or Baked Beans

#### For dessert...

(v) Gluten Free Mini Doughnut  
(v) Organic Yoghurt or Fresh Fruit

## Week two

Week Commencing: 18/11, 9/12, 13/1/20, 3/2, 2/3, 23/3, 27/4, 18/5, 15/6, 6/7.

### Main meal...

#### MEAT FREE MONDAY

(v) Cheese & Tomato Pizza Wedge

(v) Vegan Country Bake, lightly bread crumbed vegetable pattie with vegan cheese.

Baked Potato Wedges

### MONDAY

#### On the side...

Vegetables of the Day

Baked Beans

#### For dessert...

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

### Main meal...

Organic Beef Grill in a High Fibre Bun, Crispy Potatoes

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

### TUESDAY

#### On the side...

Fresh Salad

Vegetables of the Day

#### For dessert...

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

### OUR ROAST OF THE DAY

### WEDNESDAY

Roast Chicken Fillet or Joint, Gravy and Crispy Roast Potatoes

(v,h) Mild and Creamy Vegetable Korma with Rice

#### On the side...

Vegetables of the Day

#### For dessert...

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

### Main meal...

(h) Organic Beef Chilli

(v) Veggie Hot Dog

Nacho Seasoned Potato Wedges

### THURSDAY

#### On the side...

Vegetables of the Day

#### For dessert...

(v,h) Melting Moment Biscuit  
(v) Organic Yoghurt or Fresh Fruit

### Main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fingers with Chipped Potatoes

(v) Cheesy Jacket Potato

### FRIDAY

#### On the side...

Peas or Baked Beans

#### For dessert...

(v,h) Favourite Fruit Muffin  
(v) Ice Cream Tub  
(v) Organic Yoghurt or Fresh Fruit

## Week three

Week Commencing: 25/11, 16/12, 20/1/20, 10/2, 9/3, 30/3, 4/5, 1/6, 22/6, 13/7.

### Main meal...

Organic Pork Meatballs, Rich Tomato Gravy and Pasta

(v,h) Quorn Korma with Wholegrain Rice

### MONDAY

#### On the side...

Vegetables of the Day

#### For dessert...

(v,h) Homemade Fruity Flapjack  
(v) Organic Yoghurt or Fresh Fruit

### Main meal...

(h) Pasta with Peas and Bacon

(v,h) Quorn Fillet, topped with pizza sauce and melted cheese

Dry Roasted New Potatoes or Garlic Bread

### TUESDAY

#### On the side...

Fresh Salad

Vegetables of the Day

#### For dessert...

(v,h) Homemade Sponge with Fruit in Juice  
(v) Organic Yoghurt or Fresh Fruit

### OUR ROAST OF THE DAY

### WEDNESDAY

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

(v,h) Broccoli and Sweetcorn Pasta Bake, Malted Wheat Baguette

#### On the side...

Vegetables of the Day

#### For dessert...

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

### Main meal...

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

(v) Sticky Barbeque Veggie Sausages, Crispy Potatoes

### THURSDAY

#### On the side...

Vegetables of the Day

#### For dessert...

(v) Cheddar Cheese, Crackers & Apple  
(v,h) Carrot and Orange Cookie  
(v) Organic Yoghurt or Fresh Fruit

### Main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fillet with Chipped Potatoes

(v,h) Quorn Nuggets with Rainbow Rice

### FRIDAY

#### On the side...

Peas or Baked Beans

#### For dessert...

(v,h) Homemade Vanilla Krispy Bar  
(v) Ice Cream Tub  
(v) Organic Yoghurt or Fresh Fruit

(v) Vegetarian Option (h) Homemade (msc) Certified Sustainable Seafood