

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.

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...

MONDAY

British Pork Sausages with Gravy and Creamy Mashed Potatoes

On the side...

Vegetables of the Day

For dessert...

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

(v,h) Chinese Style Quorn with Noodles

Choose a main meal...

TUESDAY

Barbeque Marinated British Chicken Breast Wrap, Baked Potato Wedges

On the side...

Fresh Salad
Corn on the Cob or Peas

For dessert...

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

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

Choose a main meal... WEDNESDAY ROAST

WEDNESDAY

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

On the side...

Vegetables of the Day

For dessert...

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

(v) Vegetable Korma with Rice

Choose a main meal...

THURSDAY

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

On the side...

Vegetables of the Day
Baked Beans

For dessert...

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

(v,h) Cheddar Cheese and Potato Pie

Choose a main meal... FISHY FRIDAY

FRIDAY

(msc) Crispy Salmon Fishcake with Criss-Cross Potatoes

On the side...

Fresh Salad
Peas or Baked Beans

For dessert...

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

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

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...

MONDAY

Organic Pork Meatballs, Rich and Rustic Tomato Gravy and Pasta

On the side...

Vegetables of the Day

For dessert...

(vg,h) Veggie Sausages with Gravy and Crispy Diced Potatoes
(vg,h) Chef's Choice Flapjack
(v) Organic Yoghurt or Fresh Fruit

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

Choose a main meal...

TUESDAY

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

On the side...

Peas
Baked Beans

For dessert...

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

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

Choose a main meal... WEDNESDAY ROAST

WEDNESDAY

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

On the side...

Vegetables of the Day

For dessert...

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

(vg,h) Veggie Bolognese with Noodles

Choose a main meal...

THURSDAY

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

On the side...

Vegetables of the Day

For dessert...

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

(vg) Breadcrumbed Vegetable Fingers with Crispy Potatoes

Choose a main meal... FISHY FRIDAY

FRIDAY

(msc) Gluten Free Breaded Fish Fillet with Chipped Potatoes

On the side...

Peas
Baked Beans

For dessert...

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

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

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

MONDAY

(v) Cheese and Tomato Pizza with Baked Potato Wedges

On the side...

Peas
Baked Beans

For dessert...

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

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

Choose a main meal...

TUESDAY

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

On the side...

Fresh Salad
Vegetables of the Day

For dessert...

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

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

Choose a main meal... WEDNESDAY ROAST

WEDNESDAY

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

On the side...

Vegetables of the Day

For dessert...

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

(v) Quorn Fillet, Gravy and Crispy Roast Potatoes

Choose a main meal...

THURSDAY

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

On the side...

Fresh Salad
Vegetables of the Day

For dessert...

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

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

Choose a main meal... FISHY FRIDAY

FRIDAY

(msc) Gluten Free Breaded Fish Fingers with Chipped Potatoes

On the side...

Peas
Baked Beans

For dessert...

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

(v,h) Jacket Potato with Cheddar Cheese