

What's on the MENU

Week 1

MENU

Week commencing: 30th Oct • 20th Nov • 11th Dec • 8th Jan • 29th Jan • 26th Feb • 19th Mar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS OPTION 1 Cheesy potato bake 	BBQ chicken 	All day brunch	Beef strips and Yorkshire pudding with gravy	Golden fish fingers
MAINS OPTION 2 Quorn dippers and yoghurt mint dip 	Veggie burrito 	All day vegetarian brunch 	Roasted Quorn fillet  with gravy	Cheese and tomato  pinwheels
MAINS OPTION 3 Southern fried Quorn fajitas 	Ham baguette	Falafel wrap 	Tomato, mozzarella and basil toasted bruschetta 	Cheesy scone 
ON THE SIDE Pasta • Garlic bread • Spaghetti in tomato sauce • Garden peas	Rice • Couscous • Mexican mixed beans • Winter coleslaw	Herby diced potatoes • Oven baked tomatoes • Baked beans • Home baked focaccia	Crispy roast potatoes • Creamed potatoes • Savoy cabbage • Sliced carrots	Chips • Garden peas • Sweetcorn
Salad bar and wholemeal bread available daily				
DESSERTS Not naughty but nice muffin • Fruit yoghurt • Fresh fruit slices • Cheese and crackers	Tutti fruity Tuesday • Fresh yoghurt • Cheese and crackers	Sticky toffee sponge and custard • Fresh yoghurt • Fresh fruit slices • Cheese and crackers	Fresh yoghurt bar with various toppings • Shortbread • Fresh fruit slices • Cheese and crackers	Blackberry and apple flapjack crumble • Fresh yoghurt • Fresh fruit slices • Cheese and crackers

Unlimited fresh fruit available to accompany all desserts



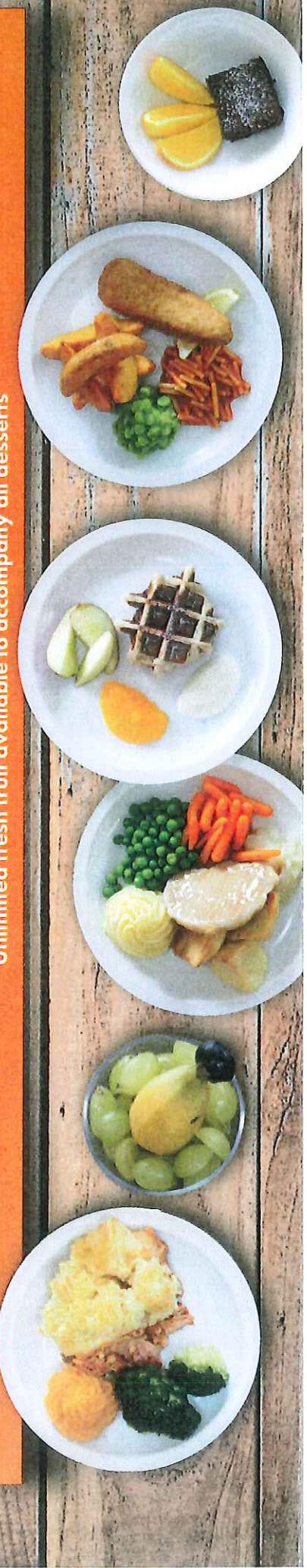
All desserts are suitable for vegetarians 

Week 2

Week commencing: 6th Nov • 27th Nov • 18th Dec • 15th Jan • 5th Feb • 5th Mar • 26th Mar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS OPTION 1	Cowboy chicken and cheesy mash pie	Beef lasagne or pork meatballs	Local pork roast with apple sauce and gravy	Crispy seaside salmon
MAINS OPTION 2	Veggie sausage roll	Vegetable enchilada	Cheese quiche	Veggie burger in a bap
MAINS OPTION 3	Egg, cress and cucumber bap	Tuna pasta bake	Golden fish finger roll	Farmer's choice chipolatas under wraps
ON THE SIDE	Diced potatoes · Baked beans · Sweetcorn · Tomato bread	Rice · Carrot and swede mash · Broccoli · Seeded bread	Pasta salad · Garlic and herb bread · Corn on the cob · Green beans	Potato wedges · Mushy peas · Spaghetti in tomato sauce
DESSERTS	Oaty apple crumble and custard · Fruit yoghurt · Fresh sliced fruit · Cheese and crackers	Tutti fruity Tuesday · Fresh yoghurt · Cheese and crackers	Secret garden chocolate cake · Fresh yoghurt granola pots · Fresh sliced fruit · Cheese and crackers	Waffle 'as you like it' · Chocolate brownie · Fresh yoghurt · Fresh fruit slices · Cheese and crackers

Unlimited fresh fruit available to accompany all desserts



Week 3

Week commencing: 13th Nov • 4th Dec • 1st Jan • 22nd Jan • 19th Feb • 12th Mar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS OPTION 1	Jacket Potato Bar	Pasta Bar		
Margarita pizza	Chicken korma and naan bread	Beef Bolognese or dry-fried beef and onion	Roast chicken breast with stuffing and gravy	Seaside chunky fish finger
MAINS OPTION 2				
Mediterranean quiche	Five bean chilli	Cheesy vegetables	Veggie sausage and Yorkshire pudding with gravy	Falafel wrap with yoghurt mint dip
MAINS OPTION 3				
Couscous • ½ jacket potato • Coleslaw	Baked beans and coleslaw	Tuna baguette	Ham salad pitta and vegetable sticks	Omelette
ON THE SIDE	Rice • Pea and sweetcorn medley	Sweetcorn • Vegetable sticks • Garlic bread	Crispy roast potatoes • Creamed potatoes • Baton carrots • Cauliflower cheese	Chips • ½ jacket potato • Spaghetti hoops • Garden peas
DESSERTS	Banana and pineapple cake • Fruit yoghurt • Fresh sliced fruit • Cheese and crackers	Tutti fruity Tuesday • Fresh yoghurt • Cheese and crackers	Oat and raisin cookie • Fresh yoghurt • Fresh sliced fruit • Cheese and crackers	Pancake bar with tasty toppings • Fresh yoghurt • Sliced fresh fruit • Cheese and crackers

Salad bar and wholemeal bread available daily

Unlimited fresh fruit available to accompany all desserts		
		
		
		

Salad bar available subject to the style of service. Some menus or items on the menu are subject to change.