

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN MEAL



OPTION 1

Cheese & Bean Lasagne



Margherita Pizza & Wedges



Lentil & Stuffing Pastry Roll



BBQ Quorn & Peppers with Rice



Vegetable Nuggets & Chips



OPTION 2

Sticky Chinese Chicken & Vegetable Rice

Traditional Beef Pasta Bolognese



Roast Gammon & Gravy

Chicken in a Katsu Curry Sauce & Rice



MSC Approved Fish Fingers & Chips

VEGGIES



Carrots & Peas



Broccoli



Roasted Carrots & Parsnips



Peas



Beans



FILLED ROLLS



Ham Cheese Tuna

Ham Cheese Tuna

Ham Cheese Tuna

Ham Cheese Tuna

Ham Cheese Tuna

AVAILABLE EVERY DAY Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS



Blueberry Cookie Bar



Chocolate & Banana Brownie



Peach & Pineapple Crumble



Apple & Cocoa Sponge



Lemon Shortbread



Desserts available every day - a choice of jelly, fruit or yoghurt

KEY

Nutritionist's Choice



Vegetarian



Vegan



Added Wholewheat



MENU WEEK 2

SERVED W/C: 3rd Nov | 24th Nov | 15th Dec | 5th Jan | 6th Jan |
16th Feb | 9th Mar | 30th Mar | 20th Apr

THE FOOD EXPLORERS

Hutchison

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN MEAL



OPTION 1

OPTION 2

Margherita
Pizza & Wedges



Veggie Sausage with Mashed
Potatoes & Gravy



Veggie Cottage Pie &
Gravy



Cheesy Cauliflower Pasta Bake



Tex-Mex Vegetable
Fajita Wrap



MSC Approved
Salmon Pasta
Bake



Pork & Beef Sausage,
Mashed Potatoes & Gravy

Roast Turkey with Roast
Potatoes & Gravy

Mild Caribbean
Chicken Curry with
Carrot Rice



Oven Baked
Fish & Chips

Peas



Carrot
& Peas



Broccoli &
Cauliflower



Carrot &
Mixed Salad



Baked
Beans



Ham
Cheese
Tuna

Ham
Cheese
Tuna

Ham
Cheese
Tuna

Ham
Cheese
Tuna

Ham
Cheese
Tuna

VEGGIES



FILLED ROLLS



AVAILABLE EVERY DAY Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS



Strawberry
Mousse



Oaty Apple
Crumble & Custard



Original
Flapjack



Chocolate &
Carrot Muffin



Lemon Sponge
& Custard



Desserts available every day - a choice of jelly, fruit or yoghurt

KEY

Nutritionist's Choice



Vegetarian



Vegan



Added Wholewheat



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	OPTION 1 Mixed Vegetable & Bean Fajita with Wedges	Vegge Chilli Nacho Bake With Rice	Roast Quorn Fillet with Roast Potatoes & Gravy	Baked Mac 'n' Cheese	Vegan Sausage Roll & Chips
OPTION 2	Chicken & Spinach Pasta Bake	Mild Beef Chilli With Rice	Roast Chicken with Roast Potatoes & Gravy	Creamy Chicken Curry With Carrot Rice	Oven Baked Fish Fingers & Chips
VEGGIES	Peas	Sweetcorn	Broccoli	Carrots	Beans
FILLED ROLLS	Ham Cheese Tuna	Ham Cheese Tuna	Ham Cheese Tuna	Ham Cheese Tuna	Ham Cheese Tuna

AVAILABLE EVERY DAY Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS	Vanilla Shortbread	Mixed Berry & Apple Crumble with Custard	Apple Strudel & Custard	Gingerbread Squares with Custard	Garden Brownie
---------------------	--------------------	--	-------------------------	----------------------------------	----------------

Desserts available every day - a choice of jelly, fruit or yoghurt

KEY

Nutritionist's Choice

Vegetarian



Vegan



Added Wholewheat

