


WEEK 3

MONDAY

Packed Lunch

Jacket Potato  
with a choice  
of fillings Try something  
different!Trying new and different  
foods is a great way of  
getting all the nutrition  
your body needs

HOT SPECIALS...

Cheese and  
Tomato Pizza  
with Dough BallsCheesy tomato topped  
pizza sliceChinese Veggie  
Noodles  
with Stir Fried  
Vegetables Fragrant egg noodles with  
stir fried vegetables

SIDES...


Sweetcorn  
and  
Fresh Broccoli

PICK A PUD!

Raspberry  
Yoghurt Cake  
with Fruit Slices


TUESDAY

Packed Lunch

Jacket Potato  
with a choice  
of fillings Sausage  
and Mash  
with GravyFluffy mashed potato  
with pork sausages  
and rich gravyQuorn  
BolognesePenne pasta in a yummy  
tomato and Quorn sauceAvailable  
every day!Cool water  
SaladFreshly baked bread  
Yoghurt and milk  
Fresh fruitPeas  
and  
Fresh  
CarrotsShortbread  
with Custard  
and Fruit Slices


WEDNESDAY

Packed Lunch

Jacket Potato  
with a choice  
of fillings Roast Chicken  
with Roast  
Potatoes and  
GravyMoist roast chicken with  
fluffy roasties and tasty  
gravyRoast Quorn  
with Roast  
Potatoes and  
Gravy A traditional Quorn roast  
with fluffy roasties and tasty  
gravyFresh  
Carrots  
and  
Fresh  
CabbageFlapjack  
with Fruit Slices



THURSDAY

Packed Lunch





Jacket Potato  
with a choice  
of fillings Favourite Beef  
Lasagne  
with a Garlic &  
Herb Bread WedgeA classic Italian beef  
lasagne baked in a creamy  
cheese sauceMild Bean Chilli  
with a Rice sideSuper yummy mildly  
spiced vegetable chilliSweetcorn  
and  
Fresh BroccoliChocolate  
Brownie  
and Chopped  
Apricots

FRIDAY

Packed Lunch

Jacket Potato  
with a choice  
of fillings Golden Fish  
Fingers  
and ChipsCrispy Fish Fingers and  
scrummy chipsThe Incredible  
Burger  and ChipsA delicious Southern style  
vegetable burger and  
scrummy chipsBaked Beans  
Fresh  
Carrots  
and  
PeasVanilla  
Ice Cream  
with Fruit Slices

PACKED LUNCH...

Ham or Cheese Sandwich  
or Baguette or Daily Special Wrap  
with Veg Sticks and Fresh Fruit  
or Dessert of the DayWeek 3 22/03, 26/04,  
17/05, 14/06, 04/07,  
30/08, 20/09, 11/10Look out for these symbols for  
our super healthy dishes: Vegetarian Fruity!  Wholegrain  Oily fish

Allergy? Speak to our kitchen for help