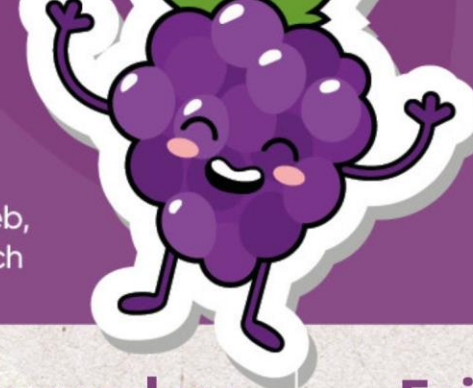




Week 1


Autumn/Winter 2023/24 Menu

Weeks Starting:
30th Oct, 20th Nov,
11th Dec, 15th Jan, 5th Feb,
4th March and 25th March




Monday

Option 1

Cheese and Tomato Pizza with Pasta Salad 

Option 2

Cheese and Tomato Pasta 

Option 3

Jacket Potato with Cheese, Beans, Tuna or Salmon

Sides

Seasonal Vegetables, Salad Bar, Fresh Bread

Dessert:


Chef's Shortbread

Tuesday

Option 1

Beef and Vegetable Pasta Bake

Option 2

Sweet Potato Whirl with Potato Crisps 

Option 3

Cheese, Ham or Tuna Wrap

Sides

Seasonal Vegetables, Salad Bar, Fresh Bread

Dessert:


Fruit Yoghurt

Wednesday


Option 1

Roast Chicken with Roast Potatoes and Gravy

Option 2

Quorn Sausage with Roast Potatoes and Gravy 

Option 3

Cheese & Tomato Pasta Pot 

Sides

Seasonal Vegetables, Salad Bar, Fresh Bread

Dessert:

Chef's Flapjack

Thursday

Option 1

Spanish Chicken with Rice

Option 2

Meat Free Bolognese with Pasta 

Option 3

Jacket Potato with Cheese, Beans, Tuna or Salmon

Sides

Seasonal Vegetables, Salad Bar, Fresh Bread

Dessert:


Toffee Apple Crumble with Custard

Friday

Option 1

Harry Ramsden's Fish with Oven Chips

Option 2

Cheese and Onion Slice with Oven Chips 

Option 3

Cheese, Ham or Tuna Wrap

Sides

Seasonal Vegetables, Salad Bar, Fresh Bread

Dessert:

Mandarin Jelly



Vegetarian



Contains a minimum of 50% fruit

Twelve15

Week 2

Autumn/Winter 2023/24 Menu

Weeks Starting:
6th Nov, 27th Nov,
1st Jan, 22nd Jan,
19th Feb and 11th March



Monday

Option 1

Pasta Twists
with Tomato Sauce



Option 2

Bombay Beans
and Cheese Topped
Potato Crispers



Option 3

Jacket Potato with Cheese,
Beans, Tuna or Salmon

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:

Shortbread Biscuit
with Fresh Fruit Slices

Tuesday

Option 1

Pork Sausages with
Creamy Potato and
Gravy

Option 2

Meat Free
Sausages with Creamy
Potato and Gravy



Option 3

Cheese, Ham or
Tuna Wrap

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:

Fruit
Yoghurt

Wednesday

Option 1

Roast Gammon
with Roast Potatoes
and Gravy

Option 2

Meat Free
Lattice Slice with Roast
Potatoes and Gravy



Option 3

Cheese & Tomato
Pasta Pot



Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:

Raspberry Ripple
Vanilla Ice Cream
Sponge Roll

Thursday

Option 1

Spaghetti
Bolognese

Option 2

Bean Burrito
with Salad



Option 3

Jacket Potato with Cheese,
Beans, Tuna or Salmon

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:

Chocolate Pear
Sponge with Custard

Friday

Option 1

Fish Fingers
with Oven
Chips

Option 2

Meat Free Hot Dog with
Oven Chips



Option 3

Cheese, Ham or
Tuna Wrap

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:

Butterscotch
Tart



Vegetarian



Contains a minimum of 50% fruit



Week 3


Autumn/Winter 2023/24 Menu

Weeks Starting:
13th Nov, 4th Dec,
8th Jan, 29th Jan,
26th Feb and 18th March




Monday

Option 1

Mac 'n' Cheese 

Option 2

Pesto Pasta 

Option 3

Jacket Potato with Cheese,
Beans, Tuna or Salmon

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:


Fruit
Yoghurt

Tuesday

Option 1

Beef Burger in a
Bun with Oven
Chips

Option 2

Meat Free Burger
in a Bun with
Oven Chips 

Option 3

Cheese, Ham or
Tuna Wrap

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:


Apple Sponge
with Custard

Wednesday

Option 1

Roast Chicken
with Roast Potatoes
and Gravy

Option 2

Cauliflower and Broccoli
Cheese with Roast
Potatoes and Gravy 

Option 3

Cheese & Tomato
Pasta Pot 

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:


Vanilla Ice Cream

Thursday

Option 1

Keralan Chicken and
Butternut Squash
Curry with Rice

Option 2

Keralan Spinach and
Butternut Squash
Curry with Rice 

Option 3

Jacket Potato with Cheese,
Beans, Tuna or Salmon

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:


Peaches with
Custard

Friday

Option 1

Harry Ramsden's
Fish with
Oven Chips

Option 2

Vegan Nuggets with
Oven Chips 

Option 3

Cheese, Ham or
Tuna Wrap

Sides

Seasonal Vegetables,
Salad Bar, Fresh
Bread

Dessert:

Chocolate
Cookie



Vegetarian



Contains a minimum of 50% fruit