

# Week one

05/11 26/11 17/12 21/01 11/02 11/03 01/04

**Choose a main meal...**  
Mozzarella & Tomato Pizza\*\* with Pasta Salad\*\*  
Bean Burger in a Bun<sup>v</sup>  
A Selection of Sandwiches & Loaded Jacket Potatoes

**Monday**

**Beef Burgers**

**Choose a main meal...**  
Chicken-Filletina Bun with Jacket Wedges  
Creamy Broccoli and Sweetcorn Pasta\*\*<sup>v</sup>  
A Selection of Sandwiches & Loaded Jacket Potatoes

**Tuesday**

**Choose a main meal...**

Roast Turkey with Roast Potatoes & Gravy  
Quorn Roast<sup>v</sup> with Roast Potatoes & Gravy  
A Selection of Sandwiches & Loaded Jacket Potatoes

**Wednesday**

**Choose a main meal...**

Mexican Beef  
(A Mild Chili Con Carne) with Rice\*\*  
Mac 'N' Cheese<sup>v</sup> (Macaroni Cheese)  
A Selection of Sandwiches & Loaded Jacket Potatoes

**Thursday**

**Choose a main meal...**

Crispy Fish & Chips  
Quorn Dippers<sup>v</sup> with Chips  
A Selection of Sandwiches & Loaded Jacket Potatoes

**Friday**

# Week two

12/11 03/12 07/01 28/01 25/02 18/03 08/04

**Choose a main meal...**  
Mozzarella & Tomato Pizza\*\* with Pasta Salad\*\*  
Baked Bean & Cheese Wrap<sup>y</sup>  
A Selection of Sandwiches & Loaded Jacket Potatoes

**Choose a main meal...**

Chicken & Sweetcorn Pie with Creamy Mashed Potato  
Vegetarian Sausages<sup>v</sup> with Creamy Mashed Potato  
A Selection of Sandwiches & Loaded Jacket Potatoes

**Choose a main meal...**

Roast Pork with Roast Potatoes & Gravy  
Cheese & Potato Bake<sup>v</sup> with Roast Potatoes  
A Selection of Sandwiches & Loaded Jacket Potatoes

**Choose a main meal...**

Beef Burger with Potato Wedges  
Vegetarian Tagine<sup>v</sup> (Moroccan Style Vegetable Casserole) with Rice\*\*  
A Selection of Sandwiches & Loaded Jacket Potatoes

**Choose a main meal...**

Golden Cod Fillet Fish Fingers & Chips  
Quorn Burgers<sup>v</sup> with Chips  
A Selection of Sandwiches & Loaded Jacket Potatoes

# Week three

19/11 10/12 14/01 04/02 04/03 25/03

**Choose a main meal...**  
Mozzarella & Tomato Pizza\*\* with Jacket Wedges  
Baked Bean & Cheese Wrap<sup>y</sup>  
A Selection of Sandwiches & Loaded Jacket Potatoes

**Choose a main meal...**

Pork Sausages with Creamy Mashed Potato  
Vegetable Lasagne\*\*<sup>v</sup>  
A Selection of Sandwiches & Loaded Jacket Potatoes

**Choose a main meal...**

Roast Turkey with Roast Potatoes & Gravy  
Quorn Roast<sup>v</sup> with Roast Potatoes & Gravy  
A Selection of Sandwiches & Loaded Jacket Potatoes

**Choose a main meal...**

Beef Lasagne with a Garlic & Herb Bread Wedge  
Vegetable Korma<sup>v</sup> with Rice\*\*  
A Selection of Sandwiches & Loaded Jacket Potatoes

**Choose a main meal...**

Golden Cod or Crispy Salmon\*\* Fillet Fish Fingers with Chips  
Quorn Sausage & Tomato Pasta Bake<sup>v</sup>  
A Selection of Sandwiches & Loaded Jacket Potatoes

All our milk is Red Tractor approved

WE BUY 95% of our seasonal vegetables direct from British growers

ALL OUR BEEF is from THE UK OR IRELAND

FRESH SALAD IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER 30% of our products are transported by vehicles that run on biodiesel

FAIRTRADE All our bananas are FAIRTRADE

ALL OUR BREAD IS FRESHLY BAKED EVERY DAY

FARM TO FORK We can trace every cut of meat back to the farms of origin

We only use Lion Quality British Eggs

WE SUPPORT 82 BRITISH DAIRY FARMS

Self-serve Salad Bar available to accompany main meal and Fresh Home Baked Bread available throughout the week  
Fresh Fruit & Yoghurt and a choice of Organic Milk, Fruit Juice & Cool Water served daily.  
\*Fruit Based \*\*Wholegrain \*\*On-Fish (V) Vegetarian. LOOK OUT FOR OUR EXCITING THEME DAY PROMOTIONS!