



Week 1

Main

Vegetarian

Carbs

Vegetables

Pudding



Monday

Cottage Pie

Quorn Cottage Pie

Yorkshire Pudding and Mash or Bread

Green Beans

Mango & Orange Smoothie

Tuesday

Meatballs in tomato sce

Quorn Meatballs

Pasta and Bread

Sweetcorn

Fruity Flapjack

Wednesday

Gammon & Pineapple

Quorn Fillet Loaf

Roast Potatoes

Carrots & Cabbage

Beetroot & Chocolate Brownie/Muffin

Thursday

BBQ Chicken Glaze

Quorn BBQ Fillet

Rice (Savoury)

Large Mixed Salad

Mixed Fruit with a swirl of fresh cream or Bakewell Tart

Friday

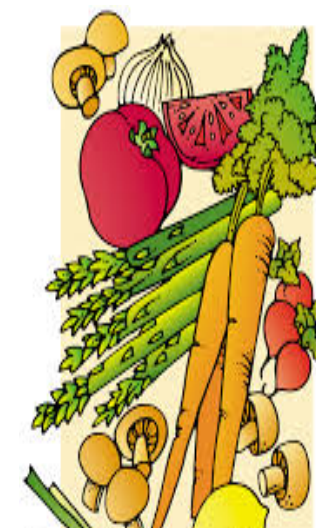
Breaded Salmon or cod & Sweet Chilli Sauce

Veg Breaded Grill

New Potatoes or Spicy Wedges

Garden Peas

Lemon Shortbread



Jugs of Water, Yoghurts & fresh Fruit Daily



Freshly baked potatoes served with a choice of filling plus salad or hot vegetable accompaniment. The following fillings are served as a daily special:

- Homemade Coleslaw
- Baked Beans
- Cheddar Cheese
- Tuna Mayonnaise
- BBQ Beans

Sandwiches available on a selection of breads with salad accompaniment. Serve the following fillings every day, plus the daily special:

- Egg Mayonnaise
- Tuna Mayonnaise
- Cheddar Cheese
- Hummus
- Cheese & Bean Pitta

Freshly prepared salad served each day with, tomato, cucumber, lettuce, peppers. Plus daily special:

- Couscous
- Potato salad
- coleslaw rice salad
- pasta salad



Week 2

Main

Vegetarian

Carbs

Vegetables

Pudding



Monday

Loaded Burger
(Lettuce, tomato)

Quorn
vegetable
burger

Jacket
Wedges

Beans or
salad

Fruits of the
forest & Ice
cream

Tuesday

Chicken
Jambalaya

Mushroom
Risotto

Rice and Naan
Bread

Mixed
Vegetables

Fruit Crumble
and Custard

Wednesday

Roast
Turkey

Mediterranean
Quiche

Roast
Potatoes

Cauliflower
Cheese or
Carrots

Fruit Jelly

Thursday

Carbonara

Tomato &
Basil or Herb
Pasta

Pasta

Fresh Green
Beans

Banana
Bread

Friday

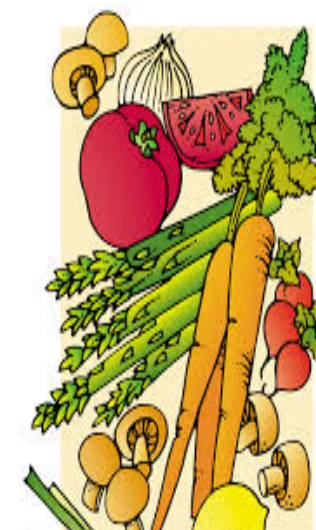
Fishcake

Vegetable
Ravioli

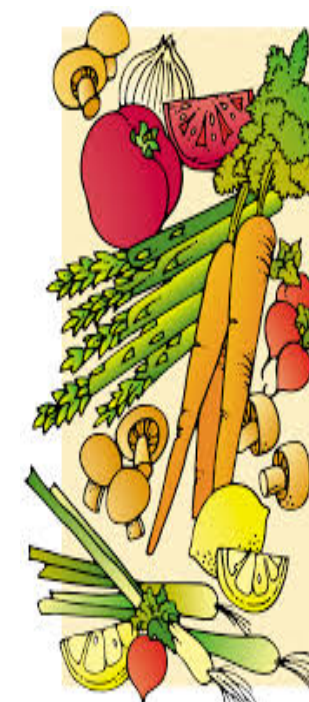
Chipped
Potatoes

Garden
Peas

Chocolate
Biscuit



Jugs of
Water,
Yoghurts
& fresh
fruit Daily



Freshly baked potatoes served with a choice of filling plus salad or hot vegetable accompaniment. The following fillings are served as a daily special:

- Homemade Coleslaw
- Baked Beans
- Cheddar Cheese
- Tuna Mayonnaise
- BBQ Beans

Sandwiches available on a selection of breads with salad accompaniment. Serve the following fillings every day, plus the daily special:

- Egg Mayonnaise
- Tuna Mayonnaise
- Cheddar Cheese
- Hummus
- Cheese & Bean Pitta

Freshly prepared salad served each day with, tomato, cucumber, lettuce, peppers. Plus daily special:

- Couscous
- Potato salad
- coleslaw rice salad
- pasta salad



Week 3

Main

Vegetarian

Carbs

Vegetables

Pudding



Monday

Spaghetti Bolognese

Quorn mince bolognese

Garlic Bread & Pasta

Large mixed salad

Iced Strawberry Yoahurt

Tuesday

Chicken & leek Supreme

Mediterranean Vegetable Risotto

Rice or Tomato Bread

Veg Green beans

Apricot Flapjack

Wednesday

Braised Steak

Quorn Roast

Roast Potatoes

Carrots And Broccoli

Chocolate & Mandarin Cake Bar

Thursday

Meat, Veg & Potato Pie

Cheesy Whirls

Mash or Wholemeal Crusty Bread

Sweetcorn

Raspberry Buns

Friday

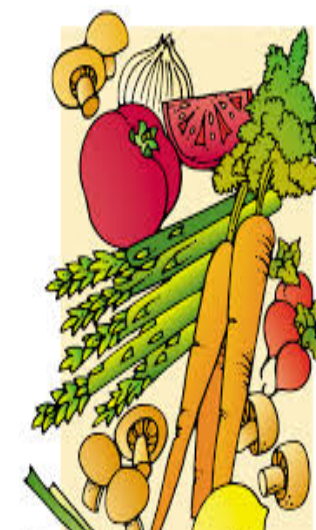
Tuna Pizza

Cheese Pizza

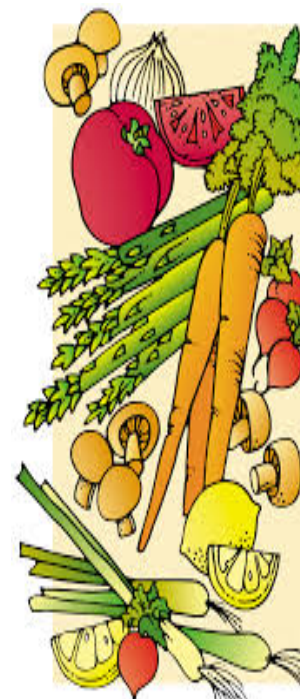
Noodles

Mixed Vegetables

Vanilla Biscuit



Jugs of Water, Yoghurts & Fresh Fruit Daily



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- Baked Beans
- Cheddar Cheese
- Tuna Mayonnaise
- BBQ Beans

Sandwiches are available on a selection of breads with salad accompaniment. Serve the following fillings every day, plus the

Daily special: • Egg Mayonnaise • Tuna Mayonnaise • Cheddar Cheese • Hummus • Cheese & Bean Pitta

Freshly prepared salad served each day with, tomato, cucumber, lettuce, peppers. Plus daily special:

- Couscous
- Potato salad
- coleslaw rice salad
- pasta salad



Week 4

Main

Vegetarian

Carbs

Vegetables

Pudding



Monday

Lasagne

Vegetable Layered Lasagne

Italian Flat Bread

Mixed Vegetables

Artic Roll

Tuesday

Southern Fried Baked Chicken

Southern Fried Baked Quorn Fillets

Rice & Plain Cornbread

Sweetcorn

Carrot Cake

Wednesday

Roast Chicken

Veg Hotpot

Roast Potato

Carrots or mashed Carrots & Swede

Apple Sponge & Custard

Thursday

Lincoln Sausages

Quorn Sausages

Mash Potatoes

Baked Beans

Scones with Jam & Fresh Cream

Friday

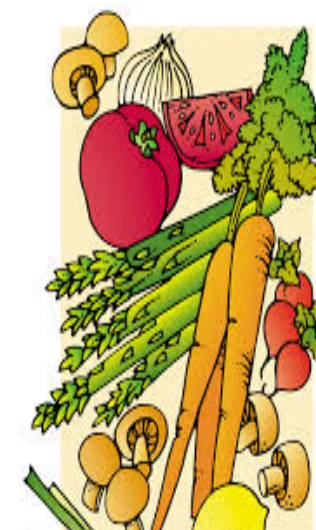
Fish finger Wraps

Frittata

Sautéed Potatoes

Large mixed Salad

Oat Cookie



Jugs of Water, Yoghurts & fresh Fruit Daily



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- Cheddar Cheese
- Tuna Mayonnaise
- BBQ Beans

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Daily special: • Egg Mayonnaise • Tuna Mayonnaise • Cheddar Cheese • Hummus • Cheese & Bean Pitta

Freshly prepared salad served each day with, tomato, cucumber, lettuce, peppers. Plus daily special:

- Couscous
- Potato salad
- coleslaw rice salad
- pasta salad