

MONDAY

Cheese Omelette(v)
Hash Browns • Baked Beans

Quorn Bolognese (v)
Crusty Bread • Garden Peas

Egg & Cress Baguette

Filled Jacket Potato
Choice of Cheese or
Baked Beans (v) with Salad

Fresh Fruit or Yoghurt

TUESDAY

Chicken Korma
Fluffy Rice • Green Beans

Quorn Mince Pie (v)
Creamed Potatoes • Turnip

Cheese Savoury Sandwich

Filled Jacket Potato • Choice of
Cheese, Baked Beans (v)
or Tuna with Salad

Shortbread & Custard

WEDNESDAY

Cheese & Tomato Pizza
Potato Wedges • Crunchy Coleslaw

Vegetable Fingers (v)
Potato Wedges • Wholewheat Hoops

Ham Wrap

Filled Jacket Potato Choice of Cheese,
Baked Beans (v) or Tuna with Salad

Strawberry Mousse

THURSDAY

Roast Turkey • Sage & Onion Stuffing
Creamed Potatoes • Carrots

Pasta Pomodoro (v)
Crusty Bread • Broccoli

Tuna Sandwich

Filled Jacket Potato Choice of Cheese,
Baked Beans (v) or Tuna with Salad

Lemon Drizzle Cake & Custard

FRIDAY

Salmon or Cod Fish Fingers
Chips • Mushy Peas

BBQ Quorn and Stir Fry Vegetables (v)
Egg Noodles

Turkey Sandwich

Filled Jacket Potato • Choice of Cheese,
Baked Beans (v) or Tuna with Salad

Chocolate Brownie

WEEK 1

5 September 22
26 September 22
17 October 22
14 November 22
5 December 22
9 January 23
30 January 23
27 February 23
20 March 23
24 April 23
15 May 23
12 June 23
3 July 23

WEEK 1

MONDAY

Quorn Dippers(vg)
Potato Wedges • Spaghetti Hoops

Quorn & Chickpea Curry (v)
Vegetable Rice

Cheese Baguette

Filled Jacket Potato • Choice of
Cheese or Baked Beans (v) with Salad

Apple Pie & Custard

TUESDAY

Mince & Dumplings • Creamed
Potato • Cauliflower

Quorn Meatballs in Tomato Sauce
with Pasta (v) • Garlic Bread
Garden Peas

Turkey Sandwich

Filled Jacket Potato • Choice of Cheese,
Baked Beans (v) or Tuna with Salad

Fresh Fruit or Yoghurt

WEDNESDAY

Roast Chicken • Yorkshire Pudding
Mashed Potato • Cabbage

Quorn Burger in Bun
Diced Potatoes • Baked Beans

Tuna Wrap

Filled Jacket Potato • Choice of Cheese,
Baked Beans (v) or Tuna with Salad

Vanilla Cookie

THURSDAY

Pork Sausages with Gravy
Oven Roast Potatoes • Mashed Turnip

Vegetarian Lasagne (v)
Crusty Bread • Green Salad

Ham Sandwich

Filled Jacket Potato • Choice of Cheese,
Baked Beans (v) or Tuna with Salad

Sticky Orange Sponge & Custard

FRIDAY

Battered Fish • Chips
Mushy Peas

Cheese and Potato Pie (v)
Chips • Coleslaw

Cheese Sandwich

Filled Jacket Potato • Choice of Cheese,
Baked Beans (v) or Tuna with Salad

Frozen Yoghurt

WEEK 2

12 September 22
3 October 22
31 October 22
21 November 22
12 December 22
16 January 23
6 February 23
6 March 23
27 March 23
1 May 23
22 May 23
19 June 23
10 July 23

WEEK 2

MONDAY

Tomato & Mascarpone(v)
Pasta • Crusty Bread • Mixed Salad

Southern Style Quorn Fillet (v)
Seasoned Wedges • Beans

Egg Mayo Sandwich

Filled Jacket Potato • Choice of
Cheese or Baked Beans (v) with Salad

Chocolate Cookie

TUESDAY

Chicken Jalfrezi • Fluffy Rice
Apple & Cucumber Salad

Margherita Pizza (v)
Diced Potatoes • Sweetcorn

Tuna Wrap

Filled Jacket Potato • Choice of Cheese,
Baked Beans (v) or Tuna with Salad

Strawberry or Vanilla Ice Cream

WEDNESDAY

Turkey & Vegetable Pie
Creamed Potatoes • Broccoli

Quorn Kofta (v) with Savoury Rice
Pitta Bread • Coleslaw

Cheese Savoury Sandwich

Filled Jacket Potato • Choice of Cheese,
Baked Beans (v) or Tuna with Salad

Fresh Fruit or Yoghurt

THURSDAY

Spaghetti Bolognese
Garlic Bread • Carrots

Quorn Sausage Roll (v) • Oven
Roast Potatoes • Wholewheat Hoops

Ham & Tomato Baguette

Filled Jacket Potato Choice of
Cheese, Baked Beans (v)
or Tuna with Salad

Apple Crumble Muffin

FRIDAY

Fish Goujons • Chips • Beetroot

Three Bean Chilli (v)
Fluffy Rice • Garden Peas

Chicken Mayo Sandwich

Filled Jacket Potato, Choice of Cheese,
Baked Beans (v) or Tuna with Salad

Flapjack & Custard

WEEK 3

19 September 22
10 October 22
7 November 22
28 November 22
19 December 22
23 January 23
13 February 23
13 March 23
17 April 23
8 May 23
5 June 23
26 June 23
17 July 23

WEEK 3

AVAILABLE
DAILY:

Salad bar
Fresh fruit selection
Yoghurt
Fruit juice
Reduced fat milk
Chilled water
Selection of fresh bread
and rolls

SEPTEMBER 2022 - JULY 2023

Menus are subject to availability.
(V) suitable for Vegetarians or (VG) Vegan diets

“Eat
Your 5
A Day”

“the
body’s
only rule is
to give it
healthy
fuel”