

# AUTUMN/WINTER

*Week one*

Week Commencing: 04/09/2023, 25/09/2023, 16/10/2023, 13/11/2023, 04/12/2023

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Pick a  
**MAIN**

Sweet and Sour  
Chicken with  
Sunshine Rice

### PIZZA BAR

Pepperoni or  
Margherita Pizza  
with Tortilla Chips  
and Salad Sticks

Devon Pork  
Chipolatas with Creamy  
Mashed Potato,  
Seasonal Vegetables,  
and Gravy

Breaded Chicken  
Goujon Wrap with  
Sauté Potatoes and  
Root Slaw

Breaded Fish or  
Salmon Fingers,  
Chips and Beans or  
Peas

Pick a  
**MEAT-FREE  
MAIN**

Vegetable Lasagne  
with Garlic Focaccia  
Bread and Salad

Leek and Potato  
Bake with, Seasonal  
Vegetables and  
Gravy

Chunky Vegetable  
and Tomato Wrap  
with Sautéed  
Potatoes and Root  
Vegetable Slaw

Spanish Omelette  
with Chips and  
Beans or Peas

Pick a  
**JACKET  
POTATO**

Cheese / Beans /  
Tuna Mayo

Cheese / Beans /  
Tuna Mayo

Cheese / Beans /  
Tuna Mayo

Cheese / Beans /  
Tuna Mayo

Cheese / Beans /  
Tuna Mayo

Pick a  
**DESSERT**

Fresh Fruit Platter

Chocolate Crunch

Ice Cream

Jam and Coconut  
Sponge

Chocolate Cookie



Scan the QR code to view the  
allergens. Please be aware that  
allergens are updated regularly,  
therefore please check allergens  
before consumption of meals.

**FRESH FRUIT  
& YOGHURT  
SERVED DAILY**

# AUTUMN/WINTER

*Week two*

Week Commencing: 11/09/2023, 02/10/2023, 30/10/2023, 20/11/2023, 11/12/2023

Pick a  
**MAIN**

Pick a  
**MEAT-FREE  
MAIN**

Pick a  
**JACKET  
POTATO**

Pick a  
**DESSERT**

## MONDAY

Chicken and  
Vegetable Curry with  
Sunshine Rice and  
Naan Bread

Sloppy Joe loaded  
Sweet Potato with  
Salad

Cheese / Beans /  
Tuna Mayo

Fresh Fruit Platter

## TUESDAY

Proper Cornish  
Sausage Roll with  
Hand Cut Wedges  
and Root Vegetable  
Slaw

Tomato and Cheese  
Pasta Bake with  
Sweetcorn

Cheese / Beans /  
Tuna Mayo

Chocolate Sponge  
Cake

## WEDNESDAY

Beef Bolognaise  
Pasta Bake with  
Carrots and  
Sweetcorn

Pesto and Red  
Pepper Gnocchi with  
Seasonal Vegetables  
and Tortilla Chips

Cheese / Beans /  
Tuna Mayo

Ice Cream

## THURSDAY

The Brunch - Bacon,  
Chipolata Sausages,  
Sautéed Potatoes  
and Beans

Halloumi Pizzaioli  
with Sautéed  
Potatoes and Salad  
Sticks

Cheese / Beans /  
Tuna Mayo

Jelly with Fruit

## FRIDAY

Battered Chicken  
Chunks and Chips  
with Beans or Peas

Vegetarian Sausage  
with Chips and Peas  
or Beans

Cheese / Beans /  
Tuna Mayo

Oaty Cookie



Scan the QR code to view the allergens. Please be aware that allergens are updated regularly, therefore please check allergens before consumption of meals.

**FRESH FRUIT  
& YOGHURT  
SERVED DAILY**

# AUTUMN/WINTER

*Week three*

Week Commencing: 18/09/2023, 09/10/2023, 06/11/2023, 27/11/2023

Pick a  
**MAIN**

## MONDAY

Hunters Wrap,  
Pomme Sauté,  
Sweetcorn and  
Mixed Salad

## TUESDAY

Beef Burger in a Bap  
with Hand cut  
Wedges and Root  
Slaw

## WEDNESDAY

Roast Chicken with  
Sea Salted Potatoes,  
Seasonal Vegetables,  
and Gravy

## THURSDAY

Mini Hot Dog with  
Savoury Rice and  
Sweetcorn

## FRIDAY

Breaded Fish with  
Chips and Peas or  
Beans

Pick a  
**MEAT-FREE  
MAIN**

Vegetable Packed  
Korma with Steamed  
Rice, Peas, and  
Prawn Crackers

Chinese inspired  
Vegetable Chow  
Mein

Broccoli and  
Cauliflower Cheese with  
Sea Salted Potatoes,  
Seasonal Vegetables,  
and Gravy

Mushroom  
Stroganoff with  
Sunshine Rice and  
Sweetcorn

Breaded Halloumi  
Straws with Chips  
and Peas or Beans

Pick a  
**JACKET  
POTATO**

Cheese / Beans /  
Tuna Mayo

Cheese / Beans /  
Tuna Mayo

Cheese / Beans /  
Tuna Mayo

Cheese / Beans /  
Tuna Mayo

Cheese / Beans /  
Tuna Mayo

Pick a  
**DESSERT**

Fresh Fruit Platter

Pink Raspberry  
Flapjack

Ice Cream

Lemon Drizzle Cake

Coconut Cookie



Scan the QR code to view the allergens. Please be aware that allergens are updated regularly, therefore please check allergens before consumption of meals.

**FRESH FRUIT  
& YOGHURT  
SERVED DAILY**