



Week One

Monday Tuesday Wednesday Thursday Friday

Option 1	*Meat Balls in a Tomato Sauce	Handmade Chicken Pie	Roast Beef & Yorkshire Pudding	Home Made Margherita Pizza	Harry Ramsden's Fish
Option 2 (V)	*Sweet Potato & Lentil Curry	Sticky Quorn Sausage	Handmade Vegetarian Roast	Bean & Pasta Casserole	Handmade Cheese Frittata
Sides	Rice, Peas & Cauliflower	Creamed Potatoes, Broccoli, Sweetcorn & Gravy	Roast Potatoes, Carrots, Cabbage & Gravy	Potato Wedges, Sweetcorn & Peas	Chipped Potatoes Seasonal Vegetables Tomato Sauce
Dessert	*Raspberry & Apple Sponge with Custard	*Fruit Jelly & Ice Cream	*Fresh Fruit Platter	*Handmade Iced Carrot Cake	Handmade Chocolate Shortcake
Option 3	Jacket Potato with Tuna	Jacket with Cheese & Beans	Jacket Potato with Tuna	Jacket with Cheese & Beans	Jacket with Cheese & Coleslaw

Available Each Day Fresh fruit, salad, bread, yoghurt and water

Week starting: 31 Oct • 21 Nov • 12 Dec • 16 Jan • 6 Feb • 6 Mar • 27 Mar



Week Two

Monday Tuesday Wednesday Thursday Friday

Option 1	Diced Turkey Curry	Mixed Grill Bacon, Sausage, Diced Potatoes, Baked Beans	Roast Chicken & Stuffing	Cottage Pie with Sweet Potato Topping	Fish Fingers
Option 2 (V)	Vegetarian Sausage Roll with Tomato Sauce	Vegetarian Chilli with Rice	Quorn Roast	Cheese Pasta Bake	*Vegetarian Wrap
Sides	Pasta, with Broccoli & Carrots	Peas & Tomato	Roast Potatoes, Broccoli, Carrots & Gravy	Crusty Bread & Farmhouse Vegetables	Chipped Potatoes, Seasonal Vegetables & Tomato Ketchup
Dessert	Handmade Madeleine Sponge & Pink Custard	Lemon or Raspberry Mousse Slice	*Handmade Autumn Fruit Crumble & Custard	*Fresh Fruit Platter	Handmade Chocolate Cracknel
Option 3	Jacket Potato with Tuna	Jacket with Cheese & Beans	Jacket Potato with Tuna	Jacket with Cheese & Beans	Jacket with Cheese & Coleslaw

Available Each Day Fresh fruit, salad, bread, yoghurt and water

Week starting: 7 Nov • 28 Nov • 2 Jan • 23 Jan • 20 Feb • 13 Mar

Did you know?

Apples grow on trees and in spring the tree produces blossom. Blossom are flowers. Tucked inside the bottom of each blossom is the ovule. Inside the ovule are the seeds that will turn into an apple when the bees have pollinated it. The apple will take about 4 months to grow and will be ready to eat in Autumn.



Week Three

Monday Tuesday Wednesday Thursday Friday

Option 1	Oven Baked Sausages with Potato Wedges	Braised Beef in Onion Gravy	Roast Gammon & Pineapple	Tomato & Herb Pasta with Crusty Bread	Salmon Crispy Fingers
Option 2 (V)	Quorn Korma with Rice & Naan Bread	Handmade Cheese Wheel (made with Wykes Cheese) & Tomato Relish	Handmade Homity Pie	Homemade Lentil Roast with Oven Baked Potato Wedges	Vegetarian Burger in a Seeded Bap
Sides	Baked Beans or Green Beans	Creamed Potatoes, Cabbage & Sweetcorn	Roast Potatoes, Carrots, Green Beans & Gravy	Broccoli & Peas	Chipped Potatoes, Seasonal Vegetables & Tomato Ketchup
Dessert	*Sticky Chocolate Slice with Chocolate Sauce	*Fresh Fruit Platter	Lemon Drizzle Cake with a Milk Drink	Fruit Smoothie	*Handmade Fruity Flapjack
Option 3	Jacket Potato with Tuna	Jacket with Cheese & Beans	Jacket Potato with Tuna	Jacket with Cheese & Beans	Jacket with Cheese & Coleslaw

Available Each Day Fresh fruit, salad, bread, yoghurt and water

Week starting: 14 Nov • 5 Dec • 9 Jan • 30 Jan • 27 Feb • 20 Mar



Did you know?

Pumpkins are popular decorations during Halloween. A carved pumpkin illuminated by candles is known as a 'jack-o-lantern'. When you make your lantern save the seeds and dry them for a delicious healthy snack and make the flesh into soup or pumpkin pie.

