

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN MEAL



OPTION 1

Cheese & Bean Lasagne



Margherita Pizza & Wedges



Lentil & Stuffing Pastry Roll



BBQ Quorn & Peppers with Rice



Vegetable Nuggets & Chips



OPTION 2

Sticky Chinese Chicken & Vegetable Rice

Traditional Beef Pasta Bolognese



Roast Gammon & Gravy

Chicken in a Katsu Curry Sauce & Rice



MSC Approved Fish Fingers & Chips

VEGGIES



Carrots & Peas



Broccoli



Roasted Carrots & Parsnips



Peas



Beans Peas



FILLED ROLLS



Ham

Cheese

AVAILABLE EVERY DAY Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS



Blueberry Cookie Bar



Peach & Pineapple Crumble & Custard

Strawberry Yoghurt



Apple & Cocoa Sponge



Lemon Shortbread



Desserts available every day - a choice of jelly, fruit or yoghurt

KEY

Nutritionist's Choice



Vegetarian



Vegan



Added Wholewheat



MENU WEEK 2

SERVED W/C: 3rd Nov | 24th Nov | 15th Dec | 5th Jan | 6th Jan |
16th Feb | 9th Mar | 30th Mar | 20th Apr

THE FOOD EXPLORERS

Hutchison

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN MEAL



OPTION 1

OPTION 2

Margherita Pizza & Wedges



Veggie Sausage with Mashed Potatoes & Gravy



Veggie Cottage Pie & Gravy



Cheesy Cauliflower Pasta Bake



Tex-Mex Vegetable Fajita Wrap



MSC Approved Salmon Pasta Bake



Pork & Beef Sausage, Mashed Potatoes & Gravy

Roast Chicken with Roast Potatoes & Gravy

Mild Caribbean Chicken Curry with Carrot Rice



Oven Baked Fish & Chips

Peas



Carrot & Peas



Broccoli & Cauliflower



Carrot & Mixed Salad



Peas Beans



Ham

Cheese

FILLED ROLLS



AVAILABLE EVERY DAY

Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS



Strawberry Mousse



Oaty Apple Crumble & Custard



Original Flapjack



Chocolate & Carrot Muffin



Lemon Sponge



Desserts available every day - a choice of jelly, fruit or yoghurt

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	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL 	OPTION 1 Mixed Vegetable & Bean Fajita with Wedges	Vegge Chilli Nacho Bake With Rice	Roast Quorn Fillet with Roast Potatoes & Gravy	Baked Mac 'n' Cheese	Vegan Sausage Roll & Chips
OPTION 2	Chicken & Spinach Pasta Bake	Mild Beef Chilli With Rice	Roast Chicken with Roast Potatoes & Gravy	Creamy Chicken Curry With Carrot Rice	Oven Baked Fish Fingers & Chips
VEGGIES 	Peas	Sweetcorn	Broccoli	Carrots	Beans Peas
FILLED ROLLS 		Ham		Cheese	

AVAILABLE EVERY DAY Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS 	Vanilla Shortbread	Mixed Berry & Apple Crumble with Custard	Orange Jelly & Mandarins	Gingerbread Squares with Custard	Garden Brownie
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Desserts available every day - a choice of jelly, fruit or yoghurt

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