

w/c 7th October, 28th October, 18th November, 9th December, 30th December, 20th January, 10th February

## WEEK ONE

### MONDAY Authentic Italian

### TUESDAY Family Faves

### WEDNESDAY Baking British

### THURSDAY Food Festival

### FRIDAY Fun Day

#### Main Event

#### Cheese and Tomato Pasta Bake v

Wholewheat penne with the ultimate tomato sauce topped with cheese

#### All Day Breakfast ▲

Grilled sausage, egg, beans, tomato and hash brown

#### Roast Chicken and Gravy with Mash ▲

Chicken fillets with mash, stuffing and gravy

#### Chicken Curry and Rice ▲

Marinated chicken thigh pieces in a buttery curry sauce with rice

#### Salmon Fish Fingers and Chips

MSC salmon fish fingers with chips and peas

#### Vegetarian Section

#### Quorn Meatballs and Spaghetti v

Quorn meatballs in a tasty tomato sauce with wholewheat spaghetti

#### Veggie All Day Breakfast v

Veggie sausage, egg, beans, tomato and hash brown

#### Quorn Roast and Gravy with Mash v

Quorn roast with mash, sage and onion stuffing and gravy

#### Cauliflower and Lentil Jalfrezi and Rice v

Lightly spiced cauliflower and lentil curry with rice

#### Cheese and Bean Wrap and Chips v

Half a wholewheat wrap stuffed with baked beans and cheese

#### Packed Lunch

Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit ■

#### Jacket Potatoes

Jacket Potato with Toppings ◆

#### Italian Crumble Cake

Crumble base filled with apples topped with even more crumble

#### Winter Sponge

Orange and cinnamon sponge with a twist!

#### Fruity Loaf

Mixed dried fruit cake with soft brown sugar and cinnamon

#### New York Cheesecake

Baked cheesecake with fruit topping

#### Lemon Cookie

Zesty lemon cookie with juicy fruit

#### The Finale

THEME DAYS

Trip to France

Italian Day Out

Try our Scottish Menu

We offer seasonal vegetables, bread, yoghurt and fruit daily. (allergy information is available)



w/c 14th October, 4th November, 25th November, 16th December, 6th January, 27th January, 17th February

## WEEK TWO

### MONDAY Authentic Italian

#### Main Event

**Cheese and Tomato  
Pizza** v  
Pizza topped with  
tomato sauce and  
cheese

### TUESDAY Family Faves

**Beef  
Lasagne** ▲  
Layers of pasta with  
minced beef and  
tomato sauce topped  
with cheese

### WEDNESDAY Baking British

**Sausage with  
Mash** ▲  
Pork sausage with mash  
and gravy

### THURSDAY Food Festival

**Chicken  
Fajitas** ▲  
Marinated chicken  
with sliced vegetables,  
rice and a wheat wrap

### FRIDAY Fun Day

**Golden Fish Fingers  
and Chips**  
MSC pollock  
fish fingers with chips

THEME  
DAYS

Fairytale  
Festival

Chinese New  
Year

Pancake  
Day

We offer seasonal  
vegetables, bread,  
yoghurt and  
fruit daily.  
(allergy information  
is available)

#### Vegetarian Section

#### Tomato and Roasted Veggie Risotto

Roasted peppers,  
courgettes and  
tomatoes with  
edamame beans and  
rice

#### Vegetable Lasagne

Layers of pasta with  
vegetables and  
tomato sauce topped  
with cheese

#### Quorn Sausage with Mash

Quorn sausage with  
Mash and gravy

#### Quorn Fajitas

Marinated Quorn with  
sliced vegetables, rice  
and a wheat wrap

#### Sticky Onion and Cheddar Quiche and Chips

Wholemeal pastry  
with a caramelised  
onion and cheddar  
filling.

#### Packed Lunch

Pick and Mix Deli – Freshly Filled Sandwich or Roll,  
Healthy Snack, Home Bake and Piece of Fruit

#### Jacket Potatoes

Jacket Potato with Toppings

#### Tiramisu

Soft cheese and  
cream layers with  
sponge and cocoa

#### Winter Fruit Brulee

Dessert pot with berries,  
cream and yoghurt  
with a crunchy topping

#### Apple and Berry Crumble

Baked apples and  
berries topped with an  
oaty crumble

#### Mexican Chocolate Pudding

Chocolate and  
cinnamon flavoured  
sponge and sauce..

#### Ginger Cookie and Fruit Slices

Ginger Cookie with  
juicy fruit

#### The Finale



w/c 21st October, 11th November, 2nd December, 23rd December, 13th January, 3rd February, 24th February

**WEEK THREE**

**MONDAY**  
Authentic Italian

**TUESDAY**  
Family Faves

**WEDNESDAY**  
Baking British

**THURSDAY**  
Food Festival

**FRIDAY**  
Fun Day

**THEME DAYS**

Trip to Wales

Best of British

And lots more ...

We offer seasonal vegetables, bread, yoghurt and fruit daily.  
(allergy information is available)

**Main Event**

**Macaroni Cheese** v **Minced Beef Pie** ▲ **Roast Chicken and Gravy with Roast Potatoes** ▲ **Hot Dog and BBQ Beans** ▲ **Golden Fish Fingers and Chips**

Baked cheesy pasta with a crunchy topping  
Minced beef and carrot pie with gravy and mash  
Chicken fillets with roast potatoes, sage and onion stuffing and gravy  
Hot Dog sausage in a roll with BBQ flavoured beans  
MSC pollock fish fingers with chips

**Vegetarian Section**

**Quorn Bolognese** v **Crispy Topped Vegetarian Pie** v **Quorn Roast and Gravy with Roast Potatoes** v **Veggie Dog and BBQ Beans** v **Cheese & Tomato Pinwheel with Chips** v

Quorn, vegetable and tomato sauce with wholewheat spaghetti  
Crunchy vegetables in sauce with sliced potato topping  
Quorn Roast with Roast potatoes, sage and onion stuffing and gravy  
Veggie sausage in a roll with BBQ flavoured beans  
Baked bread base with cheese and tomato filling with chips

**Packed Lunch**

**Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit** ■

**Jacket Potatoes**

**Jacket Potato with Toppings** ◆

**The Finale**

**Lemon Drizzle Flapjack** **Sticky Ginger Cake** **Fruity Rice Pudding** **Vanilla and Blueberry Blondie** **Oaty Energy Cookie**

Oaty flapjack topped with a lemon drizzle  
Traditional sticky ginger sponge with custard.  
Chilled rice pudding with caramelised pineapple  
Chewy, fruity traybake with vanilla and blueberries  
Oat Cookie with juicy fruit

▲ Meat v Veggie ◆ Jacket Potato ■ Packed Lunch