

## Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese & Tomato Pizza	Hunters Chicken (Homemade BBQ Sauce) & Rice	Roast Chicken & Stuffing (Optional)	Westcountry Sausage (Pork) & Mash with Gravy	Fish Fingers
Option 2 (v)	Vegetable Crumble	Quorn & Vegetable Fajita with Rice	Leek & Potato Layer Bake	Gnocchi with Quorn Mince Ragu	Quorn Dippers
Sides	Sweetcorn, Baked Beans & Potato Wedges	Broccoli & Peas	Roast or Boiled Potatoes, Savoy Cabbage, Carrots & Gravy	Country Mixed Vegetables	Wholemeal Pasta or Chips, Peas, Baked Beans or Crunchy Veg Sticks
And for pudding	Pancakes with sliced Banana & Honey	Apple Crumble & Custard	Seasonal Fresh Fruit Platter or Organic Yoghurt	Sticky Toffee Cake topped with Toffee Sauce & Langage Farm Ice Cream	Homemade Chocolate Drop Biscuit
Jacket Potato	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
Available each day	Freshly Prepared Salad, Fresh Bread & Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternative.				
Week starting:	31/10/22; 21/11/22; 12/12/22; 16/01/23; 06/02/23; 06/03/23; 27/03/23				

## Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Quorn Curry & Tilda Rice	Cottage Pie (Beef)	Roast Gammon & Pineapple (Optional)	Organic Pork Meatballs & Wholemeal Pasta	Salmon Bites
Option 2 (v)	Macaroni Cheese	Tomato & Bean Pasta Bake with Crusty Bread	Vegetable Wellington	Vegetable Chilli	Cheese & Tomato Quiche
Sides	Peas & Sweetcorn	Green Beans, Swede & Gravy	Roast or Boiled Potatoes, Cabbage, Carrots & Gravy	Farmhouse Mixed Vegetables, Broccoli & Potato Wedges	Wholemeal Pasta or Chips, Peas, Baked Beans or Crunchy Veg Sticks
And for pudding	Homemade Banana Muffin	Jam Sponge & Pink Custard	Seasonal Fresh Fruit Platter or Organic Yoghurt	Carrot Cake	Chocolate Cracknel
Jacket Potato	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
Available each day	Freshly Prepared Salad, Fresh Bread & Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternative.				
Week starting:	07/11/22; 28/11/22; 02/01/23; 23/01/23; 20/02/23; 13/03/23				

## Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pizza Margherita	Tuna Pasta Bake	Roast Pork & Stuffing (Optional)	Lasagne (Beef)	Cod Goujons
Option 2 (v)	Plant Power Burger	Cheese Wheel & Potato Wedges	Veggie Roast	Singapore Style Noodles	Quorn Sausage
Sides	Sweetcorn, Baked Beans & Herby Diced Potatoes	Farmhouse Mixed Vegetables	Roast or Boiled Potatoes, Swede, Carrots & Gravy	Crusty Bread, Winter Rainbow Salad & Roasted Winter Vegetables	Wholemeal Pasta or Chips, Peas, Baked Beans or Crunchy Veg Sticks
And for pudding	Flapjack	Apple & Custard Cake with Langage Farm Ice Cream	Seasonal Fresh Fruit Platter or Organic Yoghurt	Sticky Chocolate Cake & Chocolate Sauce	Homemade Jammy Dodger Biscuit
Jacket Potato	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
Available each day	Freshly Prepared Salad, Fresh Bread & Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternative.				
Week starting:	14/11/22; 05/12/22; 09/01/23; 30/01/23; 27/02/23; 20/03/23				