

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN MEAL



OPTION 1

Veggie bolognaise with pasta



Tomato, Vegetable & basil pasta



Lentil sage & onion "sausage" roll, and gravy



Cauliflower & Chickpea curry, braised rice



Cheese & onion slice with chips



OPTION 2

Beef bolognaise with pasta

Chicken Stir Fry with Rice

Glazed gammon, and gravy

Chicken tikka with rice



Fish fingers and chips

VEGGIES



House Salad



Broccoli



Roast Potatoes and vegetables



Peas



Baked Beans



FILLED ROLLS



3

Cheese

Cheese

Cheese

Cheese

Cheese

4

Egg Mayo

Tuna Mayo

Chicken Mayo

Egg Mayo

Tuna Mayo

AVAILABLE EVERY DAY

5

Our crunchy colourful salad & jacket potatoes with

A cheese,

B beans,

C tuna mayo or

D cheese and beans

SWEET TREATS



Spiced pineapple cake



Chocolate & banana brownie



Syrup sponge & custard



Oaty apple crumble & custard



Oaty flapjack



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 | 26th Jan
| 16th Feb | 9th Mar | 30th Mar | 20th Apr

THE
FOOD
EXPLORERS

Hutchison

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN
MEAL



OPTION
1

Vegan sausage & bean
casserole



Cauliflower cheese
pasta bake



Cheese, onion & leek pie with
gravy



Sweet & sour tofu with fried rice



Pizza and chips



OPTION
2

Pork & beef sausage & mash
with onion gravy



Beef lasagna with garlic bread

Roast breast of turkey, and
gravy

Sweet & sour chicken with fried
rice



Fish and chips

VEGGIES



Peas and Carrots



Sweetcorn



Roast Potatoes and vegetables



Broccoli



Baked Beans



FILLED
ROLLS



3

Cheese

Cheese

Cheese

Cheese

Cheese

4

Egg Mayo

Tuna Mayo

Ham

Egg Mayo

Tuna Mayo

AVAILABLE EVERY DAY

5

Our crunchy colourful salad & jacket potatoes with

A

cheese,

B

beans,

C

tuna mayo or

D

cheese and beans

SWEET
TREATS



Strawberry
Mousse



Oaty Apple
Crumble & Custard



Original
Flapjack



Chocolate &
Carrot Muffin



Lemon Sponge
& Custard



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

KEY

Nutritionist's Choice



Vegetarian



Vegan



Added Wholewheat



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	OPTION 1 Quorn Dippers with Oven Baked Wedges & Tomato Ketchup	Vegan Bolognaise Ragu Penne Pasta	Roast Quorn Fillet with Roast Potatoes & Gravy	Baked Mac 'n' Cheese	Vegan Sausage Roll & Chips
OPTION 2	Margherita Pizza & Wedges	Beef Bolognaise Penne Pasta	Roast Chicken with Roast Potatoes & Gravy	Chicken Pie with Mashed Potatoes & Gravy	Fish Fingers & Chips
VEGGIES	Peas	Sweetcorn	Broccoli	Carrots	Beans
FILLED ROLLS	3 4 Cheese Ham	Cheese Chicken Mayo	Cheese Ham	Cheese Tuna Mayo	Cheese Egg Mayo
AVAILABLE EVERY DAY	5 Our crunchy colourful salad & jacket potatoes with A cheese, B beans, C tuna mayo or D cheese and beans				
SWEET TREATS	Vanilla Shortbread	Mixed Berry & Apple Crumble with Custard	Flapjack	Gingerbread Squares	Garden Brownie

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

KEY

Nutritionist's Choice

Vegetarian



Vegan



Added Wholewheat

