

CLASSIC MAIN MEAL

VEGETARIAN MAIN MEAL

Plant Power

sweet treats

PICK N' MIX DELI

GRAB A ROLL
made fresh daily

jelly, fruit
and yoghurts
available everyday

all main courses
are served with
a salad and
homemade breads

MONDAY

Creamy Tomato And
Salmon Pasta

Cheese & Tomato
Pizza, With Wedges

Sweetcorn

Strawberry Yoghurt
With Strawberry
Sauce

Cheese Roll
Chicken Roll

TUESDAY

Classic Beef Lasagna

Vegetarian Lasagna

Italian Vegetables

Original Flapjack

Chicken Roll
Egg Mayonnaise Roll

WEDNESDAY

Roast Chicken
& Gravy

Vegan Sausage Puff
With & Gravy

Roast Potatoes &
Seasonal Vegetables
(Carrots, Swede And
Leek)

Strawberry Jelly
And Mandarins

Cheese Roll
Chicken Roll

THURSDAY

Creamy Chicken
Korma With Mixed
Rice

Baked Mac And
Cheese

Tomato, Cucumber
& Carrot Salad

Chocolate & Apple
Sponge With Custard

Tuna Mayonnaise
Roll
Cheese Roll

FRIDAY

Fish Fingers & Chips

Vegan Vegetable
Nuggets & Chips

Baked Beans

Vegan Shortbread

Egg Mayonnaise Roll
Tuna Mayonnaise
Roll

we support British
farmers by buying
local produce

AVAILABLE EVERYDAY

Baked Potato

Served With Either
Cheese, Tuna Mayo Or
Baked Beans

AVAILABLE EVERYDAY

Freshly Cooked Pasta

Served with Cheese Sauce
(Mon/Wed/Fri) Or Tomato
Sauce (Tues/Thurs)

Key And Additional Information *

*Pork sausage casing is made from beef



Vegan



Dolphin Safe



MSC Certified



50-50 Wholemeal Pasta/
Wholegrain Grain Rice

Cucina
MENU
WEEK 2

Week Beginning - 8th Sept, 29th Sept, 10th Nov & 1st Dec

CLASSIC
MAIN MEAL

VEGETARIAN
MAIN MEAL

Plant
Power

sweet
treats

PICK N' MIX
DELI

MONDAY

Chicken Sausage,
Mash And Gravy*

Vegan Sausage,
Mash And Gravy

Carrots & Peas

Chocolate Cookie

Cheese Roll
Chicken Roll

TUESDAY

Chicken & Tomato
Pasta Bake

Cheesy Cauliflower
Pasta Bake

Sweetcorn

Oaty Apple Crumble
And Custard

Chicken Roll
Egg Mayonnaise Roll

WEDNESDAY

Roast Turkey & Gravy

Roast Vegan Quorn
Fillet With Gravy

Roast Potatoes &
Seasonal Vegetables
(Cauliflower, Leek
And Carrots)

Strawberry Yoghurt
With Strawberry
Sauce

Cheese Roll
Chicken Roll

THURSDAY

Sticky Beef & Carrot
Rice

Vegetable Stir Fry
With Carrot Rice

Garden Peas And
Broccoli

Banana Sponge &
Custard

Tuna Mayonnaise
Roll
Cheese Roll

FRIDAY

Battered Fish & Chips

Margherita Wrap
& Chips

Baked Beans

Orange Jelly

Egg Mayonnaise Roll
Tuna Mayonnaise
Roll

all main courses
are served with
a salad and
homemade breads

jelly, fruit
and yoghurts
available everyday

GRAB A ROLL
made fresh daily

we support British
farmers by buying
local produce

AVAILABLE EVERYDAY

Baked Potato

Served with either
Cheese, Tuna Mayo Or
Baked Beans

AVAILABLE EVERYDAY

Freshly Cooked Pasta

Served with Cheese Sauce
(Tues/Thurs) Or Tomato Sauce
(Mon/Wed/Fri)

Key And Additional Information *

*Pork sausage casing is made from beef



Vegan



Dolphin Safe



MSC Certified



50-50 Wholemeal pasta/
wholegrain grain rice

CLASSIC MAIN MEAL

VEGETARIAN MAIN MEAL

Plant Power

sweet treats

PICK N' MIX DELI

GRAB A ROLL
made fresh daily

jelly, fruit
and yoghurts
available everyday

all main courses
are served with
a salad and
homemade breads

MONDAY

Vegetarian Chili
Nacho Bake

Margherita Pizza &
Wedges

Sweetcorn

Strawberry Yoghurt
With Strawberry
Sauce

Cheese Roll
Chicken Roll

TUESDAY

Beef
Bolognese Pasta

Vegan Bolognese
Pasta

Broccoli

Autumn Fruit Pie And
Custard

Chicken Roll
Egg Mayonnaise Roll

WEDNESDAY

Roast Chicken
& Gravy

Cheese, Leek And
Potato Pie

Roast Potatoes &
Seasonal Vegetables
(Carrots, Swede And
Leek)

Strawberry Jelly

Cheese Roll
Chicken Roll

THURSDAY

Sweet And Sour
Chicken With Carrot
Rice

Mixed Bean And
Vegetable Wrap

Garden Peas

Chocolate Sponge
And Chocolate Sauce

Tuna Mayonnaise
Roll
Cheese Roll

FRIDAY

Fish Fingers & Chips

Southern Style Quorn
Burger & Chips

Baked Beans

Carrot Cake Cookie

Egg Mayonnaise Roll
Tuna Mayonnaise
Roll

we support British
farmers by buying
local produce

AVAILABLE EVERYDAY

Baked Potato

Served With Either
Cheese, Tuna Mayo Or
Baked Beans

AVAILABLE EVERYDAY

Freshly Cooked Pasta

Served with Cheese Sauce
(Mon/Wed/Fri) Or Tomato
Sauce (Tues/Thurs)

Key And Additional Information *

*Pork sausage casing is made from beef



Vegan



Dolphin Safe



MSC Certified



50-50 Wholemeal pasta/
wholegrain grain rice

M Cucina Menu

AVAILABLE EVERYDAY



jelly, fruit and yoghurts



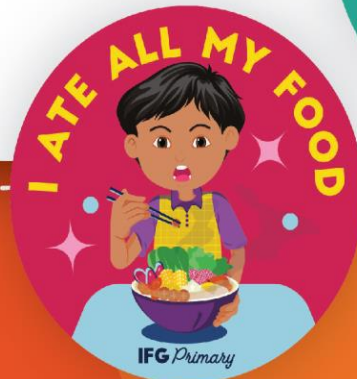
pasta served with a sauce of the day



freshly baked jacket potato

COLLECT OUR STICKERS!

When you try new foods and eat a variety of colourful fruits and veggies, you can collect our amazing "Good Eater" stickers.



DID YOU KNOW?

Water makes up two thirds of our body. Water carries nutrients to cells, helps maintain body temperature and keeps your brain awake. We should always drink plenty of water as it's by far the healthiest drink!

