

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN MEAL



OPTION 1

OPTION 2

Rainbow Vegetable stir fry noodles



Cheese & Bean Lasagne



Vegan Lentil & Stuffing Pastry Roll



Vegetable Bolognese with Penne Pasta



Vegan Vegetable Nuggets & Chips



Ham & Cheese Pasta

Beef Lasagne



Roast Gammon with Mashed Potato & Gravy



Chicken Curry & Rice

Oven Baked Fish Fingers & Chips

Carrots & Peas



Broccoli & Carrots



Roasted Carrots & Parsnips



Peas & Sweetcorn



Beans or Peas



FILLED ROLLS



3

4

Cheese

Cheese

Cheese

Cheese

Cheese

Ham

Chicken

Tuna

Ham

Ham

AVAILABLE EVERY DAY

5

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

SWEET TREATS



Blueberry Cookie Bar



Chocolate & Banana Brownie



Peach & Pineapple Crumble



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



Vegan Sausage with Mashed
Potatoes & Gravy



Vegan Cottage Pie &
Gravy



Baked Mac 'n'
Cheese



Tex-Mex Vegetable
Fajita Wrap



Salmon Pasta
Bake



Pork & Beef Sausage,
Mashed Potatoes & Gravy

Roast Turkey with Roast
Potatoes & Gravy

Chicken Curry,
Rice



Oven Baked
Fish & Chips

Peas & Sweetcorn



Carrot
& Peas



Broccoli &
Cauliflower



Carrot &
Mixed Salad



Beans or Peas



FILLED ROLLS



3

4

Cheese

Ham

Cheese

Chicken

Cheese

Tuna

Cheese

Ham

Cheese

Ham

AVAILABLE EVERY DAY

5

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
& 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	Oven Baked Fish Fingers & Chips
VEGGIES	Peas & Sweetcorn	Mixed Salad	Broccoli & Carrots	Carrots and Peas	Beans or Peas
FILLED ROLLS	3 4 Cheese Ham	Cheese Chicken	Cheese Tuna	Cheese Ham	Cheese Ham
AVAILABLE EVERY DAY	5 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	Apple Strudel & Custard	Gingerbread Squares with Custard	Garden Brownie

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

KEY

Nutritionist's Choice

Vegetarian



Vegan



Added Wholewheat

