

## Cycle 1

**Week Commencing: 5<sup>th</sup> November, 26<sup>th</sup> November, 17<sup>th</sup> December, 21<sup>st</sup> January, 11<sup>th</sup> February, 11<sup>th</sup> March, 1<sup>st</sup> April**

MEAT FREE Monday	Tuesday	Wednesday	Thursday	Friday
Cheese and Tomato Pizza	Homemade Chicken and Sweet Potato Curry	Roast Turkey Breast served with Sage and Onion Stuffing, Yorkshire Pudding and Gravy	Sticky Sausages	Chip Shop Mini Battered Fish
Winter Coleslaw Mixed Green Salad	Welsh Layer (Potatoes, Leeks and Cheese) Crusty Bread	Frittata Boat	Sweet Potato Rosti and Tomato Sauce	Veggie Nuggets
Rainbow Pasta	White and Wholegrain Mixed Rice Naan Bread Strips	Roast Potatoes Seasonal Vegetables	Cheesy Mash Broccoli Peas	Chips Peas Baked Beans
Salad Bar	Salad Bar	Fresh Fruit Platter	Salad Bar	Salad Bar
Granola Yoghurt Pots	Cranberry and Coconut Cookies		Carrot and Parsnip Cake	Chocolate Crispy

## Cycle 2

**Week commencing: 12<sup>th</sup> November, 3<sup>rd</sup> December, 7<sup>th</sup> January, 28<sup>th</sup> January, 25<sup>th</sup> February, 18<sup>th</sup> March, 22<sup>nd</sup> April**

MEAT FREE Monday	Tuesday	Wednesday	Thursday	Friday
Tomato and Sweetcorn Pasta	Crunchy Breaded Herby Chicken	Roast Gammon served with Yorkshire Pudding and Gravy	Turkey Pasta Bolognaise	Omega 3 Fish Fingers
Crusty Bread	Vegetable Parcel	Quorn Fillet	Vegetable Pasta Bolognaise	Red Leicester and Leek Flan
Broccoli	Buttered New Potatoes Carrots	Roast Potatoes Seasonal Vegetables	Garlic Bread Green Beans	Chips Peas Baked Beans
Salad Bar	Salad Bar	Fresh Fruit Platter	Salad Bar	Salad Bar
Ice Cream and Mandarin	Flapjack and Fresh Fruit		Cherry Bakewell Sponge	Ice Fruit Smoothie

## Cycle 3

**Week commencing: 19<sup>th</sup> November, 10<sup>th</sup> December, 14<sup>th</sup> January, 4<sup>th</sup> February, 4<sup>th</sup> March, 25<sup>th</sup> March, 29<sup>th</sup> April**

MEAT FREE Monday	Tuesday	Wednesday	Thursday	Friday
French Bread Pizzas	Sweet and Sour Pork	Roast Chicken served with Yorkshire Pudding and Gravy	Homemade Sausage Roll	Jumbo Fish Finger
Mixed Green Salad Homemade Italian Potato Wedges	Baked Mexican Wrap	Roasted Vegetable Strudel	Omelette Popover	Quorn Dippers
Salad Bar	Plain Rice Broccoli	Roast Potatoes Seasonal Vegetables	Seasoned Cubed Potatoes Baked Beans	Chips Peas
Fresh Fruit Pots	Salad Bar	Fresh Fruit Platter	Salad Bar	Salad Bar
	Oaty Apple Crumble and Custard		Chocolate Fairy Cake	Arctic Roll and Winter Fruit Coulis

*Jacket Potatoes are available every day with a selection of fillings  
Fresh Fruit or Yoghurt available as a dessert alternative everyday - Chilled Water and Milk served daily*