

w/c 7th October, 28th October, 18th November, 9th December, 30th December, 20th January, 10th February

WEEK ONE

MONDAY Authentic Italian

TUESDAY Family Faves

WEDNESDAY Baking British

THURSDAY Food Festival

FRIDAY Fun Day

THEME DAYS

Main Event

Cheese and Tomato Pasta Bake v

Wholewheat penne with the ultimate tomato sauce topped with cheese

All Day Breakfast ▲

Grilled sausage, egg, beans, tomato and hash brown

Roast Gammon and Gravy with Roast Potatoes ▲

Sliced Roast Gammon with Roast Potatoes, stuffing and gravy

Chicken Curry and Rice ▲

Marinated chicken thigh pieces in a buttery curry sauce with rice

Golden Fish Fingers and Chips

MSC pollock fish fingers with chips

Trip to France

Vegetarian Section

Quorn Meatballs and Spaghetti v

Quorn meatballs in a tasty tomato sauce with wholewheat spaghetti

Veggie All Day Breakfast v

Veggie sausage, egg, beans, tomato and hash brown

Quorn Roast and Gravy with Mash v

Quorn roast with mash, sage and onion stuffing and gravy

Cauliflower and Lentil Jalfrezi and Rice v

Lightly spiced cauliflower and lentil curry with rice

Cheese and Bean Wrap and Chips v

Half a wholewheat wrap stuffed with baked beans and cheese

Italian Day Out

Packed Lunch

Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit ■

Jacket Potatoes

Jacket Potato with Toppings ◆

Try our Scottish Menu

The Finale

Italian Crumble Cake

Crumble base filled with apples topped with even more crumble

Winter Sponge

Orange and cinnamon sponge with a twist!

Fruity Loaf

Mixed dried fruit cake with soft brown sugar and cinnamon

New York Cheesecake

Baked cheesecake with fruit topping

Lemon Cookie

Zesty lemon cookie with juicy fruit

We offer seasonal vegetables, bread, yoghurt and fruit daily. (allergy information is available)

w/c 14th October, 4th November, 25th November, 16th December, 6th January, 27th January, 17th February

WEEK TWO

THEME DAYS

Fairytale Festival

Chinese New Year

Pancake Day

We offer seasonal vegetables, bread, yoghurt and fruit daily. (allergy information is available)

Main Event

MONDAY
Authentic Italian

Cheese and Tomato Pizza v
Pizza topped with tomato sauce and cheese

TUESDAY
Family Faves

Beef Lasagne ▲
Layers of pasta with minced beef and tomato sauce topped with cheese

WEDNESDAY
Baking British

Sausage with Mash ▲
Pork sausage with mash and gravy

THURSDAY
Food Festival

Chicken Fajitas ▲
Marinated chicken with sliced vegetables, rice and a wheat wrap

FRIDAY
Fun Day

Crispy Battered Fish and Chips
MSC fillet of lightly battered fish with chips

Vegetarian Section

Tomato and Roasted Veggie Risotto v
Roasted peppers, courgettes and tomatoes with edamame beans and rice

Vegetable Lasagne v
Layers of pasta with vegetables and tomato sauce topped with cheese

Quorn Sausage with Mash v
Quorn sausage with Mash and gravy

Quorn Fajitas v
Marinated Quorn with sliced vegetables, rice and a wheat wrap

Sticky Onion and Cheddar Quiche and Chips v
Wholemeal pastry with a caramelised onion and cheddar filling.

Packed Lunch

Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit ■

Jacket Potatoes

Jacket Potato with Toppings ◆

The Finale

Tiramisu
Soft cheese and cream layers with sponge and cocoa

Winter Fruit Brulee
Dessert pot with berries, cream and yoghurt with a crunchy topping

Apple and Berry Crumble
Baked apples and berries topped with an oaty crumble

Mexican Chocolate Pudding
Chocolate and cinnamon flavoured sponge and sauce..

Ginger Cookie and Fruit Slices
Ginger Cookie with juicy fruit

w/c 21st October, 11th November, 2nd December, 23rd December, 13th January, 3rd February, 24th February

WEEK THREE

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Main Event	Macaroni Cheese v Baked cheesy pasta with a crunchy topping	Homemade Sausage Roll ▲ Sausage Roll with gravy and mash	Roast Chicken and Gravy with Roast Potatoes ▲ Chicken fillets with roast potatoes, sage and onion stuffing and gravy	Hot Dog and BBQ Beans ▲ Hot Dog sausage in a roll with BBQ flavoured beans	Golden Fish Fingers and Chips MSC pollock fish fingers with chips
Vegetarian Section	Quorn Bolognese v Quorn, vegetable and tomato sauce with wholewheat spaghetti	Crispy Topped Vegetarian Pie v Crunchy vegetables in sauce with sliced potato topping	Quorn Roast and Gravy with Roast Potatoes v Quorn Roast with Roast potatoes, sage and onion stuffing and gravy	Veggie Dog and BBQ Beans v Veggie sausage in a roll with BBQ flavoured beans	Cheese & Tomato Pinwheel with Chips v Baked bread base with cheese and tomato filling with chips
Packed Lunch	Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit ■				
Jacket Potatoes	Jacket Potato with Toppings ◆				
The Finale	Lemon Drizzle Flapjack Oaty flapjack topped with a lemon drizzle	Sticky Ginger Cake Traditional sticky ginger sponge with custard.	Fruity Rice Pudding Chilled rice pudding with caramelised pineapple	Vanilla and Blueberry Blondie Chewy, fruity traybake with vanilla and blueberries	Oaty Energy Cookie Oat Cookie with juicy fruit

THEME DAYS

Trip to Wales

Best of British

And lots more ...

We offer seasonal vegetables, bread, yoghurt and fruit daily. (allergy information is available)