

FOOD TO FLOURISH

WEEK 1

MONDAY

CHOOSE FROM
 • BBQ chicken with diced potatoes
 ✓ Macaroni cheese using Somerset cheddar with garlic bread finger
VEGETABLE OF THE DAY
 Served with green beans
TO FINISH
 Ice cream, fruit smoothie or apple lolly

TUESDAY

CHOOSE FROM
 Roast beef and Yorkshire pudding
 ✓ Savoury Quorn mince and Yorkshire pudding
VEGETABLE OF THE DAY
 Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots
TO FINISH
 Chocolate and mandarin sponge

WEDNESDAY

CHOOSE FROM
 Baked sausage roll with mashed potato
 ✓ Margherita pizza
VEGETABLE OF THE DAY
 Served with garden peas and sweetcorn
TO FINISH
 Fruit flapjack

THURSDAY

CHOOSE FROM
 • Roast chicken
 ✓ Vegetarian sausages
VEGETABLE OF THE DAY
 Served with roast potatoes, gravy and seasonal swede, carrots and broccoli
TO FINISH
 Mini biscuit and seasonal fruit wedges

FRIDAY

CHOOSE FROM
 Fish fingers with tomato sauce
 ✓ Curried vegetable puff
VEGETABLE OF THE DAY
 Served with chips and garden peas or baked beans
TO FINISH
 A choice of cold desserts



A selection of alternative desserts; Banana, apple, orange, yoghurt, rice pot, fruity pot, cheese and biscuits or fruit juice are available daily

WEEK 2

CHOOSE FROM
 Chicken grill with diced potatoes
 ✓ Italian tomato pasta with garlic bread finger
VEGETABLE OF THE DAY
 Served with garden peas
TO FINISH
 Ice cream, fruit smoothie or apple lolly

CHOOSE FROM
 Roast pork
 ✓ Vegetarian sausage puff
VEGETABLE OF THE DAY
 Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots
TO FINISH
 Seasonal apple and blackberry oaty muffin

CHOOSE FROM
 ✓ Quorn sausage grill with mashed potato and gravy
 ✓ Margherita pizza
VEGETABLE OF THE DAY
 Served with green beans and sweetcorn
TO FINISH
 A choice of cold desserts

CHOOSE FROM
 • Roast chicken, roast potatoes and gravy
 ✓ Tomato and vegetable pasta with garlic bread finger
VEGETABLE OF THE DAY
 Served with broccoli and baton carrots
TO FINISH
 Mini biscuit and seasonal fruit wedges

CHOOSE FROM
 Battered fish and chips with tomato sauce
 ✓ Sweet potato and lentil curry with brown and white rice and Naan style bread
VEGETABLE OF THE DAY
 Served with garden peas or baked beans
TO FINISH
 Autumn cake



Extra freshly baked bread plus salad available daily

WEEK 3

CHOOSE FROM
 Baked pork sausages
 ✓ Quorn nuggets
VEGETABLE OF THE DAY
 Served with mashed potato, gravy and broccoli
TO FINISH
 Ice cream, fruit smoothie or apple lolly

CHOOSE FROM
 Roast beef and Yorkshire pudding
 ✓ Vegetarian toad in the hole
VEGETABLE OF THE DAY
 Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots
TO FINISH
 Winter spiced apple crumble slice

CHOOSE FROM
 • Bubble salmon with diced potatoes
 ✓ Margherita pizza
VEGETABLE OF THE DAY
 Served with garden peas and sweetcorn
TO FINISH
 Shortbread biscuit

CHOOSE FROM
 Roast pork, roast potatoes and gravy
 ✓ Quorn Korma with brown and white rice and Naan style bread
VEGETABLE OF THE DAY
 Served with seasonal cabbage and carrots
TO FINISH
 Chocolate brownie

CHOOSE FROM
 Fish fingers with chips and tomato sauce
 ✓ Veggie-balls in tomato sauce with pasta
VEGETABLE OF THE DAY
 Served with garden peas
TO FINISH
 A choice of cold desserts

✓ Vegetarian • Gold award winner Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets * Green Gourmet's award-winning Red Tractor chicken breast fillet – Winner of the Queen's Award for Enterprise: Innovation 2017

CALENDAR

OCTOBER 2018							NOVEMBER 2018							DECEMBER 2018							JANUARY 2019							FEBRUARY 2019							MARCH 2019							APRIL 2019						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa							
	1	2	3	4	5	6					1	2	3							1			1	2	3	4	5						1	2														
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	9	7	8	9	10	11	12	13
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27
28	29	30	31	25	26	27	28	29	30	23	24	25	26	27	28	29	30	31	27	28	29	30	31	24	25	26	27	28	24	25	26	27	28	29	30	28	29	30										

