

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

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

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

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

Extra freshly baked bread plus salad available daily

✓ 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	Su	M	Tu	W	Th	F	Sa							
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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	17	18	19	20	21	22	23	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	27	28	29	30	31	24	25	26	27	28	24	25	26	27	28	29	30	24	25	26	27	28	29	30	28	29	30												
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SOME ORGANIC

