

# WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION ONE

Farm Assured Pork Sausages in Onion Gravy

Quorn Stir Fry

Farm Assured Roast Loin of Pork with Apple Sauce & Gravy

Farm Assured Chicken & Sweetcorn Pizza

Sustainable Caught (MSC) Fish Fingers or Salmon Fish Fingers

OPTION TWO

Vegetarian Sausages in Onion Gravy

Traditional Cheese Flan

Sweet Chilli Pasta

**NEW**  
Garlic Mushroom Pizza

Vegetable Fingers

OPTION THREE

**NEW**  
Organic Meatball Sub Roll

Jacket Potato with Baked Beans

Sustainably Caught (MSC) Tuna & Sweetcorn Pasta Bake

**NEW**  
Sweet Potato & Pea Risotto

Homemade Falafel Served in a Pitta

CARBS

Mashed Potatoes  
Half a Jacket Potato

Fluffy Rice  
Parsley Potatoes

Potatoes in their Skins  
Garlic Bread

Herby Jacket Wedges  
Jewelled Couscous

Chips  
Pasta

VEGETABLES

Carrots  
Green Beans  
Salad Bar Selection

Sweetcorn  
Peas  
Salad Bar Selection

Broccoli  
Fresh Carrots  
Salad Bar Selection

Apple Coleslaw  
Fresh Carrots  
Salad Bar Selection

Peas  
Baked Beans  
Salad Bar Selection

DESSERTS

Cheese & Biscuits  
Seasonal Fruit Oaty Crumble with Custard

**NEW**  
Chocolate & Beetroot Brownie  
Strawberry Whip

**NEW**  
Pear Sponge with Custard  
Oaty Cookie

Lemon Drizzle Cake  
Banana Flapjack

**NEW**  
Cinnamon Swirls  
Vanilla Ice Cream

2020 - 5th Oct, 2nd Nov, 23rd Nov, 14th Dec. 2021 - 18th Jan, 8th Feb, 8th Mar, 12th Apr, 3rd May, 24th May, 14th Jun, 5th Jul.

Please look out for exciting competitions and marketing events on our exciting new website. (coming soon)

## NEW DISHES FOR 2020-21

### GARLIC MUSHROOM PIZZA

A light dough spread with a homemade rich tomato sauce, topped with vegetables, Garlic Mushrooms and Cheese.

### SWEET POTATO & PEA RISOTTO

Rice sautéed with sweet potato, peas and onions. A northern Italian dish with lots of Flavour Enjoy!

### ORGANIC MEATBALL SUB

A tasty homemade sub roll filled with organic meatballs tossed in a rich tomato sauce with crispy lettuce & cucumber.

### CHOCOLATE & BEETROOT BROWNIE

This gooey centred brownie has the addition of earthy beetroot counting as one of your 5 a day! Sweet and delicious, what's not to like!

### PEAR SPONGE & CUSTARD

A light sponge with a base of sweet pears.

### CINNAMON SWIRL

A sweet flavoured pastry with cinnamon, rolled and cut into a swirl, delicious served warm.



Look out for our home-made tomato-based sauces that are used in our recipes and homemade bread.

All of our dessert recipes have been made using 50% less sugar.