

Week 1 W/C: 1 Jan / 22 Jan / 19 Feb / 11 Mar

HV: Hidden veg in our sauces and cakes

The Guide to Goodness

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Bolognese & Pasta HV	Chinese Chicken Noodles	Sausage Encroute & Roast Potatoes	Cheese & Ham Pizza HV	Breaded Fish Fillet in a Roll & Chips
Veggie	Quorn Mince Bolognese Enchilada HV	Tomato Tumble	Country Crumble & Roast Potatoes	Margherita Pizza HV	Cheese Wheel & Chips HV
Sides	Mixed Vegetables or Salad Bar	Stir Fried Vegetables or Salad Bar	Broccoli, Baby Carrots & Gravy or Salad Bar	Sauted Potatoes & Sweetcorn	Crispy Salad, Coleslaw or Beans
Jacket/Roll	Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna / Baguette with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna / Baguette with Cheese, Tuna or Ham
Dessert	Iced Ginger Muffin, Fruit or Yoghurt	Toffee & Apple Crumble, Fruit or Yoghurt	Rasperry Ripple Mousse, Fruit or Yoghurt	Flapjack, Fruit or Yoghurt	Chocolate Dream Cookie, Fruit or Yoghurt



Many of our homemade desserts contain at least 50% fruit or hidden veg



The fish we serve is from well-managed and sustainable fisheries



Over 75% of our dishes are made fresh on site from fresh ingredients



All our pizza and pasta sauces are homemade and have hidden veg



Where possible we use ingredients sourced from local producers

Week 2 W/C: 8 Jan / 29 Jan / 26 Feb / 18 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Sausage & Tomato Pasta Bake HV	Mild Chicken Korma Curry, Rice & Mini Naan	Roast Gammon & Roast Potatoes	Meat Feast Pizza HV	Cod Bites
Veggie	Tomato, Bean & Pepper Cheesy Pasta Bake HV	Cheese Potato & Red Onion Homemade Pasty	Vegetarian Roast & Roast Potatoes	Margherita Pizza HV	Baked Cheese & Tomato Wraps HV
Sides	Mixed Vegetables or Salad Bar	Green Beans or Salad Bar	Baby Carrots, White Cabbage & Gravy or Salad Bar	Baked Jacket Wedges, Sweetcorn or Salad Bar	Chips, Spaghetti Hoops, Peas or Beans
Jacket	Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna / Baguette with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna / Baguette with Cheese, Tuna or Ham
Dessert	Apple Sponge & Squirry Cream, Fruit or Yoghurt	Oat Cookie, Fruit or Yoghurt	Vanilla Ice Cream & Berry Compot, Fruit or Yoghurt	Banana Toffee Muffin, Fruit or Yoghurt	Chocolate Sultana & Biscuit Slice, Fruit or Yoghurt

Week 3 W/C: 15 Jan / 5 Feb / 4 Mar / 25 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Meatballs & Homemade Tomato Sauce Pasta HV	Chicken & Leek Pie Topped with Savoury Cheese Crumble	Pork Sausage Toad in the Hole & Roast Potatoes	Pepperoni Pizza HV	Fish Fingers & Chips
Veggie	Vegan Meat-free Meatballs & Tomato Sauce in Cheesy Tortilla	Quorn Fillet	Quorn Sausage Toad in the Hole & Roast Potatoes	Margherita Pizza HV	Veggie Nuggets & Chips
Sides	Mixed Vegetables or Salad Bar	Sauted Potatoes & Green Beans	Broccoli, Baby Carrots & Gravy or Salad Bar	Diced Potatoes & Sweetcorn or Salad Bar	Beans, Peas or Salad Bar
Jacket	Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna / Baguette with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna / Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna / Baguette with Cheese, Tuna or Ham
Dessert	Jam Sponge & Vanilla Custard, Fruit or Yoghurt	Chocolate Brownie, Fruit or Yoghurt HV	Strawberry Ice Cream with Vanilla Shortbread, Fruit or Yoghurt	Iced Lemon Muffins, Fruit or Yoghurt HV	Chocolate & Peppermint Oat Cookie, Fruit or Yoghurt