

w/c 2nd Sept, 23rd Sep

WEEK ONE

MONDAY
Authentic Italian

TUESDAY
Family Faves

WEDNESDAY
Baking British

THURSDAY
Food Festival

FRIDAY
Fun Day

THEME DAYS

Road Trip Wales

Road Trip England

Summer Party

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

Main Event

Loaded Mac n Cheese and Garlic Focaccia

Cheesy pasta with a herby breadcrumb topping and loads more ... v

Bangers and Mash

Thick pork and beef sausages with creamy mashed potato and gravy ▲

Roast Beef and Gravy with Roasties

Slow roasted beef with crispy roasties and gravy ▲

Chinese Chicken Noodles

Five spiced chicken with sweet chilli egg noodles ▲

Golden Fish Fingers and Chips

MSC pollock fish fingers with chips

Vegetarian Section

Spring Veg Frittata and Garlic Focaccia

Baked cheese and chive egg frittata packed with spring vegetables v

Vegan Quorn Bangers and Mash

Quorn sausages with creamy mashed potato and gravy v

Cherry Tomato & Rocket Tart

Pastry base filled with chunks of butternut squash, beetroot and red onion topped with cherry tomatoes and rocket with a citrus dressing v

Sweet Potato Balti with Basmati Rice

Lightly spiced sweet potato, chickpea and lentil curry with rice v

Quorn Brunch Muffin

Quorn patty with homemade tomato sauce and cheese in an English muffin with chips v

Packed Lunch

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

Jacket Potatoes

Crispy Skin Jacket Potato with Toppings ◆

Italian Orange Cake

Zingy orange cake made with polenta

Banana Bread & Butter Pudding with Custard

Layers of crusty bread, sliced banana and baked sweet egg custard

Honey Picnic Flapjack

Home baked jumbo oats, plump sultanas and natural honey

Berry Eton Mess

Crushed meringue and berry rippled cream

Cookie & Shake

Oat Cookie & Chocolate Milkshake

The Finale

w/c 9th Sept, 30th Sept

WEEK TWO

MONDAY Authentic Italian

Cheesy Mozzarella Pizza
Wholemeal rich pizza base topped with fresh tomatoes and basil served with oven baked potato wedges

Wholemeal Penne Pasta Neapolitan
Freshly cooked pasta with chunky tomato sauce

Tiramisu Trifle Pot
Soft cheese, cream, layered with sponge and chocolate

TUESDAY Family Faves

Beef Bolognese and Spaghetti
Lean minced beef with garlic and traditional tomato sauce with spaghetti

Cheddar Cheese and Spinach Quiche with New Potatoes
Baked pastry case filled with red onion, baby spinach, tomatoes and cheese with new potatoes

Toffee Apple Tart and Custard
Baked pastry case filled with apples topped with cornflakes

WEDNESDAY Baking British

Lemon Roast Chicken and Roasties
Chicken fillets roasted with lemon with crispy roasties, sage and onion stuffing and gravy

Quorn Roast and Roasties
Quorn Roast with crispy roasties, sage and onion stuffing and gravy

Ice Cream Tub
Vanilla ice cream with fruity toppings

THURSDAY Food Festival

All American Turkey Twist Burger and Wedges
Lean minced turkey patty with BBQ sauce in a bun with lime potato wedges

Chunky Chilli Tacos
Fajita spiced mixed beans and peppers with tangy salsa and crispy taco shell

Mini Chocolate Brownie
Reduced sugar chocolate brownie served with a fresh orange wedge

FRIDAY Fun Day

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

Picnic Pitta
Fresh pitta pocket stuffed with a Quorn dippers and minty cucumber salad with chips

Cookie and Shake
Ginger Cookie and Vanilla Honey Shake

Main Event

Vegetarian Section

Packed Lunch

Jacket Potatoes

The Finale

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

Crispy Skin Jacket Potato with Toppings

THEME DAYS

Road Trip Wales

Road Trip England

Summer Party

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

w/c 16th Sept

WEEK
THREE

MONDAY
Authentic
Italian

TUESDAY
Family
Faves

WEDNESDAY
Baking
British

THURSDAY
Food
Festival

FRIDAY
Fun
Day

THEME
DAYS

Road Trip
Wales

Road Trip
England

Summer
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Main
Event

**Broccoli and Salmon
Pasta Bake**
Flaked salmon and
fresh broccoli with
pasta baked in a
tomato and basil sauce

**Root Mash Topped
Cottage Pie**
Lean minced beef and
onion gravy topped
with carrot and swede
mash

**Gammon and
Roasties**
Slow roasted gammon
with sticky pineapple
pieces and crispy
roasties

**Punjabi Butter
Chicken and Rice**
Marinated chicken
thigh pieces in a
buttery curry sauce
with rice

**Golden Fish Fingers
and Chips**
MSC Pollock
Fish Fingers with chips

Vegetarian
Section

**Firecracker
Pizza and Wedges**
Wholemeal rich pizza
base topped with chilli
spiced peppers served
with oven baked
potato herby wedges

**Smokey Quorn
Meatballs and Rice**
Garlic, lime and
coriander Quorn
meatballs with
turmeric yellow rice

**Super Green Veggie
Lasagne**
Spinach, courgette,
pea, mint and basil
layered with sheets of
lasagne and soft
cheese

**Butternut Squash
Risotto**
Roasted butternut
squash, rosemary,
mixed beans and
cooked with rice

**Cheese and Marmite
Muffin with Chips**
Savoury wholemeal
muffin with cheese,
cherry tomatoes and
marmite with chips

Packed
Lunch

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

Jacket Potatoes

Crispy Skin Jacket Potato with Toppings

The Finale

**Apricot Biscotti
and Lemon Yoghurt**
Twice cooked Italian
style apricot biscuit with
lemon yoghurt

**Butterscotch
Tart**
Homemade
butterscotch sauce
in a baked pastry
case

**Magic Chocolate
Pudding**
Baked self-saucing
chocolate sponge
pudding

**Carrot and
Pineapple Muffin**
Carrot and pineapple
muffin spiced with
cinnamon

**Cookie
and Shake**
Lemon Cookie and
Berry Milkshake