Grow
FUEL FOR YOUNG MINDS



Served weeks commencing:

2nd Nov, 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 8th March

Week One Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Crunchy Vegetable Fingers With potato wedges & seasonal Vegetables	Sweet & Sour Chicken With rice & Seasonal Vegetables	Roast Gammon Served with Roast Potatoes, Gravy and Seasonal Vegetables	Sausage & Baked Beans Served with Mashed Potato & Seasonal Vegetables	Fish Fingers Served with Oven Chips, Peas or Baked Beans
VEGETARIAN	Macaroni Cheese	Vegetable Enchilada With rice & Seasonal Vegetables	Sizzling Toad in the Hole (v) Served with Roast Potatoes, Gravy and Seasonal Vegetables	Quorn Sausage & Baked Beans Served with Mashed Potato & Seasonal Vegetables	Cheese & Tomato Pizza Served with Oven Chips, Peas or Baked Beans
PASTA BAR/ SANDWICHES	Pasta with Tomato & Basil Sauce	Macaroni	Pasta with Tomato & Basil Sauce	Baguettes with a Choice of Cheese, Tuna Mayonnaise, Egg or Ham	Macaroni
JACKET POTATO	Jacket Potato topped with Cheese, Beans or Tuna mayonnaise	Jacket Potato topped with Cheese, Beans or Tuna mayonnaise	Jacket Potato topped with Cheese, Beans or Tuna mayonnaise	Jacket Potato topped with Cheese, Beans or Tuna mayonnaise	Jacket Potato topped with Cheese, Beans or Tuna mayonnaise
DESSERT	Chocolate Cookie	Banana Traybake & Custard	Orange Jelly & Mandarins	Pear & Chocolate Sponge	Fruity Friday

Available Daily:

Fruit Yoghurt, Fresh Fruit or Jelly

FUEL FOR YOUNG MINDS

Served weeks commencing:
9th Nov, 30th Nov, 4th Jan, 25th Jan, 22nd Feb, 15th March



Week Two Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Veggie Sausage Roll Served with Potato Wedges & Seasonal Vegetables	Chicken Fajitas Served with Rice & Seasonal Vegetables	Roast Turkey with Roast Potatoes, Gravy and Seasonal Vegetables	Chicken & Bacon Pasta Carbonara Served with Seasonal Vegetables	Battered Fish Served with Oven Chips, Peas or Baked Beans
VEGETARIAN	Plant Based Burger Served with Potato Wedges & Seasonal Vegetables	Rainbow Sweet and Sour Vegetables Served with Rice	Sweet Potato & Lentil Wellington Roast Potatoes, Gravy and Seasonal Vegetables	Veggie Pasta Bolognaise Served with Seasonal Vegetables	Cheese & Tomato Pizza Served with Oven Chips, Peas or Baked Beans
PASTA BAR/ SANDWICHES	Pasta with Tomato & Basil Sauce	Macaroni	Pasta with Tomato & Basil Sauce	Baguettes with a Choice of Cheese, Tuna Mayonnaise, Egg or Ham	Macaroni
JACKET POTATO	Jacket Potato topped with Cheese, Beans or Tuna mayonnaise	Jacket Potato topped with Cheese, Beans or Tuna mayonnaise	Jacket Potato topped with Cheese, Beans or Tuna mayonnaise	Jacket Potato topped with Cheese, Beans or Tuna mayonnaise	Jacket Potato topped with Cheese, Beans or Tuna mayonnaise
DESSERT	Lemon Sponge	Chocolate Shortbread	Cheese & Crackers	Apple Crumble & Custard	Fruity Friday

Available Daily:

Fruit Yoghurt, Fresh Fruit or Jelly



Week Three Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Cheese & Tomato Pinwheel Served with Potato Wedges & Seasonal Vegetables	Beef Burger in a Bun Served with Potato Wedges & Seasonal Vegetables	Roast Chicken, Served with Roast Potatoes, Gravy and Seasonal Vegetables	Chicken Tikka Masala Curry Served with Rice	Fish Fingers Served with Oven Chips, Peas or Baked Beans
VEGETARIAN	Veggie Pasta Bolognaise Served with Potato Wedges & Seasonal Vegetables	Veggie Burger in a Bun Served with Potato Wedges & Seasonal Vegetables	Classic Mince and Onion Pie (v) Served with Roast Potatoes, Gravy and Seasonal Vegetables	Golden Chickpea Curry Served with Rice	Cheese & Tomato Pizza Served with Oven Chips, Peas or Baked Beans
PASTA BAR/ SANDWISHES	Pasta with Tomato & Basil Sauce	Macaroni	Pasta with Tomato & Basil Sauce	Baguettes with a Choice of Cheese, Tuna Mayonnaise, Egg or Ham	Macaroni
JACKET POTATO	Jacket Potato topped with Cheese, Beans or Tuna mayonnaise	Jacket Potato topped with Cheese, Beans or Tuna mayonnaise	Jacket Potato topped with Cheese, Beans or Tuna mayonnaise	Jacket Potato topped with Cheese, Beans or Tuna mayonnaise	Jacket Potato topped with Cheese, Beans or Tuna mayonnaise
DESSERT	Shortbread	Chocolate Brownie	Pineapple Upside Down Cake	Apple Sponge & Custard	Fruity Friday

Available Daily:

Fruit Yoghurt, Fresh Fruit or Jelly