

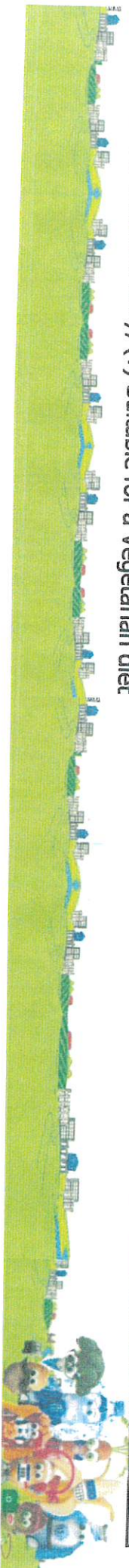


# Hot Primary Menu - Week 1 (Dining Room)

Weeks commencing: 2/11/20, 23/11/20, 14/12/20, 04/01/21, 25/01/21, 15/02/21, 08/03/21, 29/03/21

|                            | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|----------------------------|---|---|--|---|--|
| <b>Main Option 1</b>       | Cheese and Tomato Pizza with Dough Balls and Vegetables (v) | Chicken Burger with Potato Wedges   | Roast Chicken, Roast Potatoes and Gravy  | Traditional Beef Lasagne with Garlic and Herb Bread                                     | Fish Fingers and Chips   |
| <b>Main Option 2</b>       | Burrito (v)   | Baked Macaroni Cheese (v)   | Quorn Roast, Roast Potatoes and Gravy (v)                                      | Veggie Hot Dog with Potato Wedges (v)   | Quorn Nuggets and Chips (v)  |
| <b>Main Option 3</b>       | Jacket Potato with Baked Beans or Cheese (v)                | Jacket Potato with Baked Beans, Cheese (v) Tuna Mayo or Salmon Mayo                             | Jacket Potato with Baked Beans, Cheese (v) or Tuna Mayo                        | Jacket Potato with Baked Beans, Cheese (v) or Tuna Mayo                                 | Jacket Potato with Baked Beans, Cheese (v) or Tuna Mayo                        |
| <b>Main Option 4</b>       | Tomato Pasta Pot (v)  | Tomato Pasta Pot (v)  | Tomato Pasta Pot (v)   | Tomato Pasta Pot (v)  | Tomato Pasta Pot (v)   |
| <b>Sandwich Option</b>     | Cheese or Egg Mayo Sandwich (v)                             | Cheese or Egg Mayo Sandwich (v)   | Cheese or Egg Mayo Sandwich (v)  | Cheese or Egg Mayo Sandwich (v)   | Cheese or Egg Mayo Sandwich (v)  |
| <b>Medical Diet Option</b> | Gluten Free Tomato Pasta (NO Cheese) (v)                    | Chicken Burger (NO bun, NO mayo) with Potato Wedges<br>Gluten Free Tomato Pasta (NO Cheese) (v) | Roast Chicken, Roast Potatoes<br>Vegan Patty with Roast Potatoes and Gravy (v) | Veggie Hot Dog (No roll) with Potato Wedges<br>Gluten Free Tomato Pasta (No Cheese) (v) | Gluten Free Fish Fillet with Chips<br>Gluten Free Tomato Pasta (No Cheese) (v) |
| <b>Vegetables</b>          | Vegetable Sticks  | Peas  | Carrots  | Broccoli  | Baked Beans  |
|                            | Sweetcorn   | Broccoli  | Cabbage  | Sweetcorn   | Peas   |
|                            | Shortbread Biscuit with Fruit Slices                        | Raspberry Ripple Ice Cream  | Secret Brownie   | Apple and Berry Crumble with Custard  | Strawberry swirl Sponge  |
| <b>Desserts</b>            | Fresh Fruit of the day                                      | Fresh Fruit of the day  | Fresh Fruit of the day   | Fresh Fruit of the day  | Fresh Fruit of the day   |
|                            | Fruit Yoghurt   | Fruit Yoghurt   | Fruit Yoghurt  | Fruit Yoghurt   | Fruit Yoghurt  |

Chilled water available daily, (v) Suitable for a Vegetarian diet





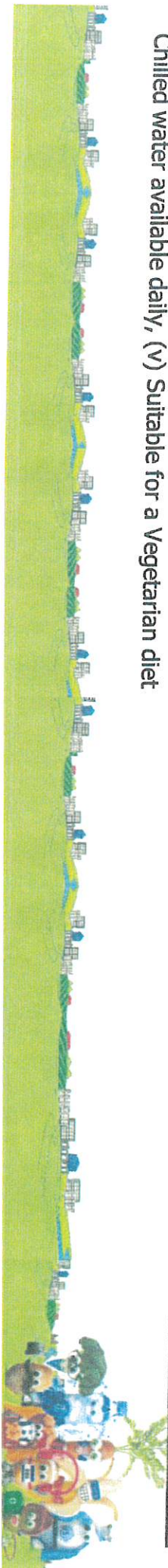


# Hot Primary Menu - Week 2 (Dining Room)

Weeks commencing: 9/11/20, 30/11/20, 21/12/20, 11/01/21, 01/02/21, 22/02/21, 15/03/21, 05/04/21

|                            | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|----------------------------|---|---|--|---|---|
| <b>Main Option 1</b>       | Cheese and Tomato Pizza with Dough Balls and Vegetables (v) | Chicken Tikka Masala and Rice                                       | Roast Turkey, Roast Potatoes and Gravy   | Beef Meatballs in a Tomato Sauce with Pasta   | Fish Fingers and Chips  |
| <b>Main Option 2</b>       | Vegetarian Sausage and Mashed Potato (v)                    | Vegetable Lasagne with Garlic and Herb Bread (v)                    | Country Vegetable Pie, Roast Potatoes and Gravy (v)                              | The Incredible veggie Southern Style Burger with Potato Wedges (v)                                | Quorn Nuggets and Chips (v)   |
| <b>Main Option 3</b>       | Jacket Potato with Baked Beans or Cheese (v)                | Jacket Potato with Baked Beans, Cheese (v) Tuna Mayo or Salmon Mayo | Jacket Potato with Baked Beans, Cheese (v) or Tuna Mayo                          | Jacket Potato with Baked Beans, Cheese (v) or Tuna Mayo   | Jacket Potato with Baked Beans, Cheese (v) or Tuna Mayo                       |
| <b>Main Option 4</b>       | Tomato Pasta Pot (v)  | Tomato Pasta Pot (v)  | Tomato Pasta Pot (v)   | Tomato Pasta Pot (v)  | Tomato Pasta Pot (v)  |
| <b>Sandwich Option</b>     | Cheese or Egg Mayo Sandwich (v)                             | Cheese or Egg Mayo Sandwich (v)                                     | Cheese or Egg Mayo Sandwich (v)  | Cheese or Egg Mayo Sandwich (v)   | Cheese or Egg Mayo Sandwich (v)   |
| <b>Medical Diet Option</b> | Gluten Free Tomato Pasta (NO Cheese) (v)                    | Gluten Free Tomato Pasta (NO Cheese) (v)                            | Roast Turkey, Roast Potatoes and Gravy Vegan Patty, Roast Potatoes and Gravy (v) | Incredible Veggie Burger (NO Bun) with Potato Wedges (v) Gluten Free Tomato Pasta (NO Cheese) (v) | Gluten Free Fish Fillet and Chips or Gluten Free Tomato Pasta (NO Cheese) (v) |
| <b>Vegetables</b>          | Sweetcorn   | Peas  | Carrots  | Broccoli  | Baked Beans   |
|                            | Broccoli and Cauliflower                                    | Broccoli  | Cabbage  | Peas  | Peas  |
|                            | Frozen Mango Yoghurt  | Creamy Rice Pudding with Peach Slices                               | Strawberry Ice Cream   | Chocolate Cake  | Oatle Biscuit with Fruit Slices   |
| <b>Desserts</b>            | Fresh Fruit of the day                                      | Fresh Fruit of the day  | Fresh Fruit of the day   | Fresh Fruit of the day  | Fresh Fruit of the day  |
|                            | Fruit Yoghurt   | Fruit Yoghurt   | Fruit Yoghurt  | Fruit Yoghurt   | Fruit Yoghurt   |

Chilled water available daily, (v) Suitable for a Vegetarian diet







# Hot Primary Menu - Week 3 (Dining Room)

Weeks commencing: 16/11/20, 07/12/20, 28/12/20, 18/01/21, 08/02/21, 01/03/21, 22/03/21, 12/04/21

|                            | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|----------------------------|---|---|---|--|---|
| <b>Main Option 1</b>       | Cheese and Tomato Pizza with Dough Balls and Vegetables (v) | Chicken Burger with Potato Wedges   | Roast Chicken, Roast Potatoes and Gravy   | Beef Pasta Bolognese   | Fish Fingers and Chips  |
| <b>Main Option 2</b>       | Chinese Veggie Noodles (v)                                  | Quorn Pasta Bolognese (v)   | Quorn Roast, Roast Potatoes and Gravy (v)   | Mild Chickpea and Potato Curry with Rice (v)   | The Incredible Veggie Southern Style Burger with Chips (v)                    |
| <b>Main Option 3</b>       | Jacket Potato with Baked Beans or Cheese (v)                | Jacket Potato with Baked Beans, Cheese (v) Tuna Mayo or Salmon Mayo                             | Jacket Potato with Baked Beans, Cheese (v) or Tuna Mayo                               | Jacket Potato with Baked Beans, Cheese (v) or Tuna Mayo                                  | Jacket Potato with Baked Beans, Cheese (v) or Tuna Mayo                       |
| <b>Main Option 4</b>       | Tomato Pasta Pot (v)  | Tomato Pasta Pot (v)  | Tomato Pasta Pot (v)  | Tomato Pasta Pot (v)   | Tomato Pasta Pot (v)  |
| <b>Sandwich Option</b>     | Cheese or Egg Mayo Sandwich (v)                             | Cheese or Egg Mayo Sandwich (v)   | Cheese or Egg Mayo Sandwich (v)   | Cheese or Egg Mayo Sandwich (v)  | Cheese or Egg Mayo Sandwich (v)   |
| <b>Medical Diet Option</b> | Gluten Free Tomato Pasta (NO Cheese) (v)                    | Chicken Burger (NO Bun, NO Mayo) with Potato Wedges<br>Gluten Free Tomato Pasta (NO Cheese) (v) | Vegan Patty, Roast Potatoes and Gravy (v)<br>Gluten Free Tomato Pasta (NO Cheese) (v) | Beef Bolognese with Jacket Potato (NO Pasta)<br>Gluten Free Tomato Pasta (NO Cheese) (v) | Gluten Free Fish Fillet and Chips<br>Gluten Free Tomato Pasta (NO Cheese) (v) |
| <b>Vegetables</b>          | Broccoli  | Peas  | Carrots   | Broccoli   | Baked Beans   |
|                            | Sweetcorn   | Carrots   | Cabbage   | Sweetcorn  | Peas  |
|                            | Raspberry Ripple Cake                                       | Pineapple and Peach Crumble with Custard  | Vanilla Ice Cream   | Chocolate and Apricot Brownie  | Flapjack and Fruit Slices   |
| <b>Desserts</b>            | Fresh Fruit of the day                                      | Fresh Fruit of the day  | Fresh Fruit of the day  | Fresh Fruit of the day   | Fresh Fruit of the day  |
|                            | Fruit Yoghurt   | Fruit Yoghurt   | Fruit Yoghurt   | Fruit Yoghurt  | Fruit Yoghurt   |

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