

Midi Menu Week 1
Choose One Main Course

Week commencing dates: 28 November · 9 January · 6 February · 12 March · 23 April · 21 May ·

Add sides 1 & 2

Add Pudding

	Main Event	Meat Free	Grab & Go	Fresh & Cold	Hot & Healthy	Side 1	Side 2	Sweet Treats
Monday	Cottage Pie	Vegetable Byriani (v) Served with Naan Bread	Margherita Pizza Slice (v)	Egg Mayo & Bacon Bap	Pasta King Sauce or Cheese & Beans Topping	Boiled Potatoes or Jacket Potato or Pasta Shapes or Soup of the Day	Broccoli or Baked Beans	Jam Tart & Custard or Orange Cookie
Tuesday	Chunky Beef Goulash	Cheese & Sweetcorn Filled Jackets (v)	Hot Ham & Cheese Panini Melt	Salmon Mayo Pasta Pot or Tuna Mayo & Salad Filled Pitta	Pasta King Sauce or Coleslaw Topping	Vegetable Rice or Jacket Potato or Pasta Shapes or Soup of the Day	Peas or Cauliflower	Fruit Jelly or Sticky Toffee Slice
Wednesday	Pork Meatballs in a Tasty Tomato Sauce	Cheese & Onion Flan (v)	Ham & Pineapple Hawaiian Pizza Slice	Tuna Chilli Wrap	Pasta King Sauce or Pork Meatballs Topping	Pasta Twists or Jacket Potato or Mashed Potatoes or Soup of the Day	Farmhouse Vegetables or Broccoli	Rice Pudding with Fruit Sauce or Chocolate Muffin
Thursday	Roast Gammon & Parsley Sauce	Cheese & Potato Hot Pot (v)	Hot Bacon & Tomato Baguette	Egg & Cress Bap	Pasta King Sauce or Coleslaw Topping	Roast & Mashed Potatoes or Jacket Potato or Pasta Shapes or Soup of the Day	Green Beans or Carrots	Cherry Sponge & Custard or Chocolate Crunch
Friday	Salmon Bites (A rich source of omega 3)	Quesadilla with Bean & Mushroom Chilli (v)	Hot Chicken Fillet in a Bun with Salad	Ham Salad Baguette	Pasta King Sauce or Cheese & Beans Topping	Chips or Jacket Potato or Pasta Shapes or Soup of the Day	Peas or Sweetcorn	Steamed Jam Sponge & Custard or Oat Crunchy Biscuit

Available each day

Also available daily – a variety of freshly prepared salads, bread, plus for dessert, Muller yoghurts, fruit pots & dried fruit pots. Served with a choice of juice or water.

Midi Menu Week 2 **Week commencing dates: 5 December · 16 January · 20 February · 19 March · 30 April ·**
Choose One Main Course **Add sides 1 & 2** **Add Pudding**

	Main Event	Meat Free	Grab & Go	Fresh & Cold	Hot & Healthy	Side 1	Side 2	Sweet Treats
Monday	Sizzling Welsh Sausages & Onion Gravy	Quorn Sausages & Onion Gravy (v)	French Bread Pizza (v)	Tuna Mayo & Cucumber Sandwich	Pasta King Sauce or Cheese & Beans Topping	Mashed Potatoes or Jacket Potato or Pasta Shapes or Soup of the Day	Peas or Carrots	Gingerbread Slice & Custard or Chocolate Cupcake (New)
Tuesday	Lamb Cobbler	Chinese Vegetable & Noodle Stir Fry (v)	Tasty Chicken Fajita Wrap	Turkey & Salad Pitta Bread	Pasta King Sauce or Prawn Cocktail Topping	Croquette Potatoes or Jacket Potato or Pasta Shapes or Soup of the Day	Broccoli or Green Beans	Rice crispy Cake & Custard or Fruit Jelly
Wednesday	Sweet Chilli Chicken	Vegetable Supreme Pizza Slice (v)	Hot Beef Bap	Egg & Cress Bap	Pasta King Sauce or Cheese & Beans Topping	Noodles or Jacket Potato or Mashed Potatoes or Soup of the Day	Peas or Coleslaw	Rice Pudding with Fruity Sauce or Chocolate Crunch
Thursday	Roast Chicken with Sage & Onion Stuffing & Gravy	Cheese & Vegetable Grill (v)	British Beef Burger in a Bun with Salad	Prawn Noodle Salad	Pasta King Sauce or Tuna & Mayo Topping	Roast & Mashed Potatoes or Jacket Potato or Pasta Shapes or Soup of the Day	Green Beans or Carrots	Chocolate Sponge & Custard or Shortbread

Friday	Italian Beef Bolognese Pasta Bake & Garlic Bread	Cauliflower Cheese (v)	Birds Eye Fish Fingers in a Bun with Salad (A rich source of omega 3)	Turkey & Stuffing Bap	Pasta King Sauce or Bolognese Topping	Chips or Jacket Potato or Pasta Shapes or Soup of the Day	Peas or Sweetcorn	Rhubarb Crumble & Custard or Oat Crunchy Biscuit
Available each day		Also available daily – a variety of freshly prepared salads, bread, plus for dessert, Muller yoghurts, fruit pots & dried fruit pots. Served with a choice of juice or water.						

Midi Menu Week 3 **Week commencing dates: 12 December · 23 January · 27 February · 26 March · 7 May ·**
Choose One Main Course **Add sides 1 & 2** **Add Pudding**

	Main Event	Meat Free	Grab & Go	Fresh & Cold	Hot & Healthy	Side 1	Side 2	Sweet Treats
Monday	Delicious Shepherds Pie	Macaroni Cheese with Leeks and Broccoli & Garlic Bread	Cheese & Tomato Toasted Sandwich	BLT Baguette	Pasta King Sauce or Beans Topping	Boiled Potatoes or Jacket Potato or Pasta Shapes or Soup of the Day	Cabbage or Carrots	Chocolate Cracknel Cake & Custard Or Raspberry Buns
Tuesday	Chunky Chicken Tikka Masala & Naan Bread	Cheese Filled Jackets (v)	Tangy Cheese & Tomato Pizza Slice (v)	Tuna Salad Wrap	Pasta King Sauce or Chicken Tikka Topping	Rice or Jacket Potato or Pasta Shapes or Soup of the Day	Baked Beans or Green Beans	Fruit Cobbler & Custard or Strawberry Whip (back by popular demand)

Wednesday	Tasty Beef Lasagne & Garlic Bread	Vegetable Lasagne & Garlic Bread (v)	Chicken Fajita Wrap	Cheese Salad Baguette	Pasta King Sauce or Bolognaise Topping	Jacket Potato or Mashed Potatoes or Soup of the Day	Peas or Coleslaw	Arctic Roll or Oat Crunchy Biscuit
Thursday	Roast Pork Loin with Apple Sauce & Gravy	Mushroom Stroganoff (v) & Vegetable Rice	New York Pizza Bagel	Salmon Mayo Pitta or Pasta Pot (A rich source of omega 3)	Pasta King Sauce or Cheese & Coleslaw Topping	Roast & Mashed Potatoes Or Jacket Potato or Pasta Shapes or Soup of the Day	Broccoli or Carrots	Apple & Plum Crumble & Custard or Chocolate Oatmeal Cookie
Friday	Birds Eye Fish Fingers & Tomato Sauce	Mild Potato & Chickpea Korma Curry (v)	Egg & Bacon Muffin Or Egg Muffin (v)	Ham Salad Baguette	Pasta King Sauce or Cheese & Beans Topping	Chips or Jacket Potato or Pasta Shapes or Soup of the Day	Peas or Baked Beans	Iced Chocolate Sponge with Custard or Fruit Jelly
Available each day		Also available daily – a variety of freshly prepared salads, bread, plus for dessert, Muller yoghurts, fruit pots & dried fruit pots. Served with a choice of juice or water.						

Midi Menu Week 4 **Week commencing dates: 2 January · 30 January · 5 March · 16 April · 14 May ·**
Choose One Main Course **Add sides 1 & 2** **Add Pudding**

	Main Event	Meat Free	Grab & Go	Fresh & Cold	Hot & Healthy	Side 1	Side 2	Sweet Treats
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Monday	Farmhouse Breakfast Bacon, Omelette & Baked Tomato	Vegetable Pasta Milanaise (v)	Margherita Pizza Slice (v)	Ham & Cucumber Bagel (v)	Pasta King Sauce or Cheese & Beans Topping	Hash Browns or Jacket Potato or Pasta Shapes or Soup of the Day	Baked Beans or Mushrooms	Feather Iced Sponge & Custard or Sultana Muffin
Tuesday	Tasty Chicken & Vegetable Pie	Mushroom Pizza Slice (v)	Ham & Cheese Ciabatta Melt	Crunchy Tuna Salad Wrap	Pasta King Sauce or Coleslaw Topping	Fondant Potatoes or Jacket Potato or Pasta Shapes or Soup of the Day	Cabbage or Carrots	Pineapple Upside Down Cake with Custard or Flapjack
Wednesday	Italian Spaghetti Bolognese & Garlic Bread	Cheese & Vegetable Grill (v)	Hot Sausage in a Roll	Breakfast Wrap	Pasta King Sauce or Beef Bolognese Topping	Croquette Potatoes or Jacket Potato or Mashed Potatoes or Soup of the Day	Peas or Sweetcorn	Chocolate Sponge & Chocolate sauce Or Carrot & Orange Muffin
Thursday	Succulent Roast Chicken with Sage & Onion Stuffing & Gravy	Tasty Bean Bake (v)	Hot Chicken & Stuffing Bap	Salmon or Tuna Mayo & Salad Filled Pitta Bread	Pasta King Sauce or Cheese & Coleslaw Topping	Roast & Mashed Potatoes Or Jacket Potato or Pasta Shapes or Soup of the Day	Green Beans or Carrots	Bakewell Tart with Custard Or Vanilla Cupcake (New)

Friday	Salmon & Cod Fish Fingers (A rich source of omega 3)	Mushroom & Courgette Lasagne (v)	Beef Grill in a Bun with Salad	Cheese & Tomato Sandwich	Pasta King Sauce or Tuna Mayo Topping	Chips or Jacket Potato or Pasta Shapes or Soup of the Day	Peas or Baked Beans	American Style Pancake with Chocolate sauce or Cherry Muffin
	Available each day	Also available daily – a variety of freshly prepared salads, bread, plus for dessert, Muller yoghurts, fruit pots & dried fruit pots. Served with a choice of juice or water.						