



# Autumn/Winter

November, December 2024,  
January, February 2025

Week 1	Meat-free Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Spinach & Basil Pizza	Chicken Shawarma with Bulgur Wheat	Minced Lamb Shepherds Pie	Pea and Pumpkin Risotto	Fish Fingers and Chips
Meal Option 2 - Vegetarian	Spinach & Basil Pizza	Quorn Shawarma with Bulgur Wheat	Vegan Shepherds Pie	Pea and Pumpkin Risotto	Quorn Nuggets and Chips
Vegetables	Vegetables of the day	Asian Slaw	Steamed Mixed Vegetables	Steamed Cabbage & Carrots	Steamed Peas
Main Dessert	Banana Mousse	Pineapple Slices	Jelly with Cream	Chocolate Cake served with Custard	Fruit Salad served with Cream
2 <sup>nd</sup> Dessert	Pears	Apples	Bananas	Oranges	Fruit of the day

*Weeks beginning: - 4<sup>th</sup> November, 25<sup>th</sup> November, 16<sup>th</sup> December, 20<sup>th</sup> January, 10<sup>th</sup> February*



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Week 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Jacket Potatoes served with filling of the day	Chicken Stroganoff with Rice	Rich Chicken Stew with Bulgur Wheat	Vegetable Lasagne	Fish and Chips
Meal Option 2 -Vegetarian	Jacket Potatoes served with Vegan Mince & Cheese	Quorn Stroganoff with Rice	Quorn Stew with Bulgur Wheat	Vegetable Lasagne	Quorn Nuggets and Chips
Vegetables	Coleslaw	Roasted Carrots	Steamed Green Beans	Roasted Red Onion & Courgettes	Steamed Peas
Main Dessert	Fruit Mousse	Pineapple with Cream	Fruit Trifle	Jam Sponge and Custard	Ice Cream
2 <sup>nd</sup> Dessert	Pears	Apples	Bananas	Oranges	Apples

Weeks beginning:  
*11<sup>th</sup> November, 2<sup>nd</sup> December, 6<sup>th</sup> January, 27<sup>th</sup> January*



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## November, December 2024, January, February 2025

Week 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Tomato & Basil Pasta Bake	Chicken Hotpot with Vegetable Mash	Lamb Chilli with Rice	Chicken Tikka with Naan Bread	Burger and Chips
Meal Option 2 -Vegetarian	Tomato & Basil Pasta Bake	Quorn Hotpot with Vegetable Mash	Vegan Chilli with Rice	Quorn Tikka with Naan Bread	Vegetable Burger and Chips
Vegetables	Tomato and Cucumber Salad	Steamed Mixed Vegetables	Steamed Green Beans	Roasted Cauliflower	Baked Beans
Main Dessert	Fruit Yoghurt	Apple and Peach Crumble with Cream	Fruit Salad with Cream	Berry Cake with Custard	Peaches with Cream
2nd Dessert	Pears	Apples	Bananas	Oranges	Apples

Weeks beginning:  
 18<sup>th</sup> November, 9<sup>th</sup> December, 13<sup>th</sup> January, 3<sup>rd</sup> February