

WEEK 1

WEEK 2

WEEK 3

Monday

Homemade Beef Burger *Farm Assured* handmade Beef Burger served with Onions

Quorn Burger V

Jacket Wedges, Sweetcorn, Garden Peas, Roasted Onions, Seasonal Salad Selection, Soft Bread Bun

Homemade Strawberry Mouse

Wednesday

Traditional Roast with a Rich and Tasty Gravy *Farm Assured* Sliced Meat

Vegetable and Mixed Bean Parcel *Mixed Beans and Roasted Vegetables encased in Puff Pastry* V

Roast Potatoes, Creamed Potato, Broccoli, Carrots, Cauliflower, Homemade Bread Selection

Homemade Flapjack

Monday

Gluten Free Pork Meatballs *Pork Meatballs served with a Rich Tomato Sauce or Gravy*

Vegetable and Quorn Pasta Bake *Roasted Vegetables, Minced Quorn and Pasta Twists in a Rich Tomato Sauce topped with Cheese* V

Spaghetti, Carrots, Broccoli, Seasonal Salad Selection, Homemade Bread Selection

Homemade Biscuit Selection

Thursday

Chicken and Ham Pasta Bake *Farm Assured* diced Chicken and Ham with Pasta Twists in a Chef's White Sauce

Vegetable and Mixed Bean Curry *Roasted Seasonal Vegetables and Mixed Beans in a Chef's Curry Sauce* V

Pasta Twists, Boiled Rice, Broccoli, Sweetcorn, Seasonal Salad Selection, Homemade Garlic Bread, Naan

Let's Dine Fresh from the Farm Ice Cream

Monday

Big Breakfast *Farm Assured* Pork Sausage, Back Bacon, Free Range Scrambled Egg

Vegetarian Sausage, Free Range Scrambled Egg V

Mini Waffles, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Homemade Bread Selection

Homemade Biscuit Selection

Thursday

Chicken Curry *Farm Assured* tender pieces of Chicken in a Chef's Curry Sauce

Crispy Garlic Bake V

Boiled Rice, Jacket Wedges, Sweetcorn, Broccoli, Seasonal Salad Selection, Homemade Bread Selection

Homemade Muffin Selection

Tuesday

Big Breakfast *Farm Assured* Pork Sausage, Back Bacon, Free Range Scrambled Egg

Vegetarian Sausage, Free Range Scrambled Egg V

Mini Waffles, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Homemade Bread Selection

Fruit Jelly with a Swirl of Cream

Thursday

Chicken Curry *Farm Assured* Diced Chicken in a Chef's Curry Sauce

Macaroni Cheese *Macaroni Pasta in a Chef's Creamy Cheese Sauce* V

Boiled Rice, Pasta Twists, Sweetcorn, Green Beans, Seasonal Salad Bar, Homemade Garlic Bread, Naan

Homemade Iced Sponge with Custard

Tuesday

Homemade Pizza Bar *Cheese and Tomato Pizza with a Selection of Toppings on a Thin Crust Base including Ham, Pineapple* V, Peppers V, Mushrooms V, Sliced Onions V

Cheese and Tomato Pizza V

Herby Diced Potato, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Fresh Fruit Salad



The Eatwell project supports the Let's Dine ethos by cooking healthy, simple ingredients with the children.

Tuesday

Beef Hot Pot *Minced Beef and Seasonal Vegetables in a Tasty Gravy topped with Sliced Potatoes*

Vegetable and Mixed Bean Hot Pot *Roasted Vegetables and Mixed Beans in a Tasty Gravy topped with Sliced Potatoes* V

Oven Baked Sliced Potatoes, Carrots, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Homemade Fruit Sponge and Custard

Friday

Battered Fillet of Fish *White Fillet coated in a light Batter or Salmon Fishcake*

Quorn Sausage Roll *Quorn Sausage encased in Puff Pastry* V

Chips, Lemon Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Oat and Raisin Cookie

Friday

Battered Fillet of Fish *Fillet of Fish Coated in a Crispy Batter or Salmon Fishcake*

Vegetable Nuggets V

Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Bar, Homemade Bread Selection

Homemade Fruit Muffin Selection

Wednesday

Traditional Roast with Rich and Tasty Gravy *Farm Assured* Sliced Meat

Vegetable and Mixed Bean Parcel *Roast Vegetables and Mixed Beans encased in Puff Pastry* V

Roast Potatoes, Creamed Potato, Cabbage, Carrots, Cauliflower, Homemade Bread Selection

Homemade Fruit Crumble and Custard

Friday

Battered Fillet of Fish *White Fish Fillet coated in a light Batter or Salmon Fishcake*

Cheese Puff *Creamed Potato with Cheddar Cheese encased in Puff Pastry* V

Chips, Couscous, Garden Peas, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection

Homemade Fruit Flapjack

Wednesday

Traditional Roast with Rich and Tasty Gravy *Farm Assured* Sliced Meat

Quorn and Vegetable Parcel *Diced Quorn and Roasted Vegetables encased in Puff Pastry* V

Roast Potatoes, Creamed Potato, Cauliflower, Green Beans, Carrots, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream



FUN FOOD FACT

BROCCOLI

The word 'broccoli' is the plural of 'broccolo' which is Italian for the flowering top of a cabbage. According to a survey in 2009, broccoli is the sixth most commonly misspelt word in English.

FUN FOOD FACT

APPLES

Apples float in water, because 25% of their volume is made of air. The most-grown apple is Red Delicious. Followed by Gala, Golden Delicious, Granny Smith, and Fuji.

Fresh Fruit available daily. Cheese and Crackers available Monday, Wednesday and Friday. Individual Yoghurts available Tuesday and Thursday. All items subject to availability.