

Week 1 Menu

21/11/2022 / 12/12/2022 / 02/01/2023 23/01/2023 13/02/2023 06/03/2023
27/03/2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Pitch's choice - vegetarian	Roasted Vegetable & Tomato Gnocchi	Sticky Korean Cauliflower	Turkish Quorn Flatbread	Crispy Italian Vegetables	Quorn Hot Dog & Fried Onions
Patch's choice	Sausage Pasta Bake	BBQ Sweetcorn & Pepper Tortilla Pizza	Roast Gammon	Crispy Italian Chicken	Oven Baked Fish Fillet
Carbohydrates	Mashed Potato Or Wholemeal Pasta	Garlic & Rosemary Foccacia	Roasted Potatoes	Egg Noodles Or Wholemeal Pasta	Oven Baked Chips
Vegetables	Roasted Sweetcorn	Roasted Red Onion & Kale	Carrots & Cabbage	Roasted Courgette & Pepper	Garden Peas Baked Beans
Pudding	Plum Crumble & Custard Selection of Yoghurts	Baked Rice Pudding with Apple Topping Selection of Yoghurts	Autumn Cake Selection of Yoghurts	Apricot Cake with Apricot Sauce Selection of Yoghurts	Chocolate Custard Mousse



AVAILABLE DAILY: Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)

Future 50 Contains one or more of the top 50 most sustainable foods in the world!

Vegetarian Vegan Organic

For allergen content please speak to member of staff who will be happy to assist



#Inspire Challenge Achieve

Week 2 Menu

07/11/2022 / 28/11/2022 / 09/01/2023 30/01/2023 20/02/2023 13/03/2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Pitch's choice - vegetarian	Chickpea & Spinach Curry   	Macaroni Cheese 	Cauliflower Cheese 	Mixed Bean Enchiladas 	Quorn Dippers 
Patch's choice	Butter Chicken Curry	Spiced Turkey Pitta	Roast Turkey	Loaded Chilli Dogs	Oven Baked Fish Fingers
Carbohydrates	Turmeric Braised Rice	Garlic & Rosemary Focaccia Or Wholemeal Pasta	Roasted Potatoes	Baked Half Jacket Or Wholemeal Pasta	Oven Baked Chips
Vegetables	Bombay Cauliflower & Peas 	Roasted Sweetcorn & Green Pepper 	Fresh Broccoli & Carrots 	Cumin Scented Carrots	Garden Peas  Baked Beans
Pudding	Fruity Yoghurt Fool Selection of Yoghurts	Chocolate Beetroot Cake Selection of Yoghurts	Pear Upside Pudding & Chocolate Custard Selection Yoghurts	Watermelon & Mint Pots Selection of Yoghurts	Baked Vanilla Cookie Selection of Yoghurts



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 **Vegetarian**  **Vegan**  **Organic**

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Week 3 Menu

14/11/2022 / 05/12/2022 / 16/01/2023 06/02/2023 27/02/2023 20/03/2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Pitch's choice - vegetarian	Cheesey BBQ Bean & Lentil Bake	Quorn Noodle Stir Fry	Roasted Quorn Fillet & Gravy	Quorn Sausage & Onion Gravy	Vegetable Pasta Bake
Patch's choice	Louisiana Style Baked Chicken	Vegan Sweet Potato Chilli	Roast Turkey	Sausage & Onion Gravy	Fish Finger & Cheese Bap
Carbohydrates	Baked Half Jacket Or Wholemeal Pasta	Braised Rice	Roasted Potatoes	Fresh Mashed Potato	Oven Baked Chips
Vegetables	Roasted Broccoli with Garlic & Red Pepper	Stir Fry Vegetables	Glazed Kale & Roasted Carrots	Ratatouille	Garden Peas Baked Beans
Pudding	Roasted Pineapple Pots Selection of Yoghurts	Lemon Posset & Ginger Biscuit Selection of Yoghurts	Orange & Cinnamon Drizzle Cake Selection of Yoghurts	Apple & Yoghurt Pudding Selection of Yoghurts	Fruit Sorbet Selection of Yoghurts

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