

THE FOOD EXPLORERS

Main Meal



OPTION

1

OPTION

2

Veggies



Filled Rolls



Sweet Treats



Monday

Tuesday

Wednesday

Thursday

Friday

Penne pasta with house tomato sauce



5 bean chilli with Mexican rice



Roast Quorn fillet with roast potatoes & gravy



Baked creamy mac 'n' cheese



Vegetable sausages, chips & tomato ketchup



Mild chilli beef & bean macaroni cheese



Chicken fajita with Mexican rice

Roast gammon with roast potatoes & gravy

Creamy chicken, spinach & pesto pasta



Fish fingers, chips & tomato ketchup

Green beans & sweetcorn



Broccoli



Broccoli & roasted carrots



Rainbow vegetables



Baked beans



Ham Cheese or Tuna mayo

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Ham Cheese or Tuna mayo

Ham Cheese or Tuna mayo

Cheese or Tuna mayo

Chocolate shortbread



Fruit crumble & custard



Orange jelly & mandarins



Sliced fruit selection



Raspberry jelly



Available Every Day -

Crunchy Colourful Salad Bar & Homemade Bread
Jacket Potato with Cheese, Beans, Cheese & Beans or Tuna Mayonnaise
A choice of Fruit, Jelly or Yoghurt

KEY

Wholegrain



Vegetarian



Nutritionist's Choice



Vegan





Main Meal

OPTION 1

OPTION 2

Veggies

Filled Rolls

Sweet Treats

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita pizza & oven baked wedges	Vegetable sausages & mashed potatoes with gravy	Roast Quorn fillet with roast potatoes & gravy	Penne pasta with house tomato sauce	Vegetable sausages, chips & tomato ketchup
Sweet chilli salmon melt & oven baked wedges	Pork sausages with mashed potatoes & gravy	Roast chicken breast with roast potatoes & gravy	Chicken & sweet potato katsu with rice	Fish & chips with tomato ketchup
Peas	Rainbow vegetables	Broccoli & roasted carrots	Crudites and salad bar selection	Peas
Ham Cheese or Tuna mayo	Ham Cheese or Tuna mayo	Ham Cheese or Tuna mayo	Ham Cheese or Tuna mayo	Cheese or Tuna mayo
Watermelon wedge	Apple pie with custard	Raspberry jelly & mandarins	Sliced fruit selection	Carrot cake shortbread

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Crunchy Colourful Salad Bar & Homemade Bread
Jacket Potato with Cheese, Beans, Cheese & Beans or Tuna Mayonnaise
A choice of Fruit, Jelly or Yoghurt



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Veggies

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Sweet Treats

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita pizza & oven baked wedges	Cheesy leek mac 'n' cheese	Roast Quorn fillet with roast potatoes & gravy	Vegetable & chickpea stir fry carrot rice	Vegetable sausages, chips & tomato ketchup
Cajun chicken pizza & oven baked wedges	Beef & lentil bolognaise with penne pasta	Roast chicken breast, roast potatoes & gravy	Tomato & herb chicken with rice	Fish fingers, chips & tomato ketchup
Green beans & sweetcorn	Peas & carrots	Broccoli & roasted carrots	Tomato, cucumber & carrot salad	Baked beans
Ham Cheese or Tuna mayo	Ham Cheese or Tuna mayo	Ham Cheese or Tuna mayo	Ham Cheese or Tuna mayo	Cheese or Tuna mayo
Watermelon wedge	Oaty apple crumble & custard	Orange jelly & mandarins	Chocolate orange brownie	Lemon shortbread

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Crunchy Colourful Salad Bar & Homemade Bread
Jacket Potato with Cheese, Beans, Cheese & Beans or Tuna Mayonnaise
A choice of Fruit, Jelly or Yoghurt

KEY

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Nutritionist's Choice



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