

Journey to  
Good Health 

Autumn/winter term - week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Speciality	Moroccan lamb and vegetables	Beef Goulash	Hand carved roast pork and apple sauce	Chicken tomato and spinach lasagne	Haddock in a cheese jacket
Vegetarian meal	Creamy spinach and mushroom bake	Vegetable Kiev's with sauté potatoes	Broccoli mushroom pasta bake	Vegetable kebab's	Red pepper and brie tart
Potato/rice/vegetable	Roasted cous cous Seasonal vegetables	Wholegrain rice Seasonal vegetables	Roast potatoes Seasonal vegetables	Garlic bread Seasonal vegetables	Wedge potatoes Seasonal vegetables
Mix & match noodle pasta & jacket bar	See separate menu				
Filled bread selection	At least 2 x vegetarian 2 x meat / fish per day				
Salad shakers	Range of vegetable/fruit/pasta based salads with chicken, tuna ham, cheese toppings				
Pudding of the day	Peaches and cream	Apple & raspberry crunch crumble	Chocolate treacle sponge	Apple & sultana crumble	Chocolate bread & butter pudding
Cold desserts	A range of daily cold desserts including fresh fruit, fruit shakers, jelly, cheesecake & yoghurts				
Beverages	A range of juices, milk drinks and fresh smoothies				

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Autumn/winter term - week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Speciality	Chicken korma	Potato sausage and onion pie	Hand carved roast turkey cranberry sauce	Pork and vegetable kebabs	Battered fish
Vegetarian meal	Stuffed beef tomatoes	Macaroni cheese	Mixed bean and pepper pancakes	Mushroom with goats cheese frittata	Vegetable stir fry with egg rice
Potato/rice/vegetable	Seasonal vegetables Wholegrain rice	Seasonal vegetables Garlic bread	Seasonal vegetables Roast potatoes	Seasonal vegetables Spicy baby wedges	Seasonal vegetable Chipped potatoes
Mix & match noodle pasta & jacket bar	See separate menu				
Filled bread selection	At least 2 x vegetarian 2 x meat / fish per day				
Salad shakers	Range of vegetable/fruit/pasta based salads with chicken, tuna ham, cheese toppings				
Pudding of the day	Apple crumble	Bread & butter pudding	Pear tarts	Orange & lemon sponge	Creamy rice pudding
Cold desserts	A range of daily cold desserts including fresh fruit, fruit shakers, jelly, cheesecake & yoghurts				
Beverages	A range of juices, milk drinks and fresh smoothies				

# Journey to Good Health

<b>Autumn/winter term - week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Speciality</b>	Chilli con carnie	Lamb stew with herb dumplings	Hand carved roast beef with Yorkshire Pudding	Chicken fajitas	Blackened fish
<b>Vegetarian meal</b>	Cauliflower and broccoli bake	Spanish omelette	Vegetable cannelloni	Pasta Margherita	Vegetable fajitas
<b>Potato/rice/vegetable</b>	Vegetable rice Seasonal vegetables	Herb diced seasonal vegetables	Roast potatoes Seasonal vegetables	Creamed potato Seasonal vegetables	Sauté potatoes Seasonal vegetables
<b>Mix &amp; match noodle pasta &amp; jacket bar</b>	See separate menu				
<b>Filled bread selection</b>	At least 2 x vegetarian 2 x meat / fish per day				
<b>Salad shakers</b>	Range of vegetable/fruit/pasta based salads with chicken, tuna ham, cheese toppings				
<b>Pudding of the day</b>	Chocolate sponge with chocolate sauce	Apple & apricot crumble with custard	Pear and chocolate sponge	Oaty apple & sultana crumble	Welsh cakes and cream
<b>Cold desserts</b>	A range of daily cold desserts including fresh fruit, fruit shakers, jelly, cheesecake & yoghurts				
<b>Beverages</b>	A range of juices, milk drinks and fresh smoothies				



## Lunchtime mix and match jacket, pasta & noodle

### First choose your base:

- Crisp jacket potato
- Pasta of the day
- Noodles

Choose one of the following toppings:

### Always available:

- Grated cheese
- Tuna mayo
- Baked beans

### Plus another 2 available daily:

- Bolognese Sauce
- Pomodoro
- Chicken Italiano
- Veggie Bolognese
- Chicken Torino
- Meatballs
- Sweet Chilli Chicken
- Vegetable Sweet & Sour



## Morning Break

A selection to include at least one item from each of the following:

Break time pizza –slice, baguette, wraps from:	£1.20
Selection of Panini's –cheese & ham, double cheese	£1.25
Savoury flat breads/focaccia	£1.10
Jumbo baguette hot dog (once a fortnight)	£1.25
Savoury filled English muffins and bagels from	£1.00
Filled sandwiches/wraps/baguettes/gourmet roll with a range of daily fillings	£0.90-£1.60
Whole fresh fruit selection	£0.45
Range of hot & cold drinks	£0.50-£1.10

## Lunchtime Tariff

Main meal (main course & pudding )	£2.25
Main meal only	£2.00
Pudding only	£0.60
Salad shaker pots	£1.80
Pick and mix salad/fruit bar	£1.80
Meal deals sandwiches & cake	£0.10 of rrp
Mix and match jacket potato bar (with free salad)	£1.30
Mix and match pasta	£1.80
Stone baked pizza	from £1. 20