

w/c 7th October, 28th October, 18th November, 9th December, 30th December, 20th January, 10th February

## WEEK ONE

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
<b>Main Event</b>	<b>Cheese and Tomato Pasta Bake</b> ✓ Wholewheat penne with the ultimate tomato sauce topped with cheese	<b>All Day Breakfast</b> ▲ Grilled sausage, egg, beans, tomato and hash brown	<b>Roast Chicken and Gravy with Mash</b> ▲ Chicken fillets with mash, stuffing and gravy	<b>Chicken Curry and Rice</b> ▲ Marinated chicken thigh pieces in a buttery curry sauce with rice	<b>Golden Fish Fingers and Chips</b> ✓ MSC pollock fish fingers with chips
<b>Vegetarian Section</b>	<b>Quorn Meatballs and Spaghetti</b> ✓ Quorn meatballs in a tasty tomato sauce with wholewheat spaghetti	<b>Veggie All Day Breakfast</b> ✓ Veggie sausage, egg, beans, tomato and hash brown	<b>Quorn Roast and Gravy with Mash</b> ✓ Quorn roast with mash, sage and onion stuffing and gravy	<b>Cauliflower and Lentil Jalfrezi and Rice</b> ✓ Lightly spiced cauliflower and lentil curry with rice	<b>Cheese and Bean Wrap and Chips</b> ✓ Half a wholewheat wrap stuffed with baked beans and cheese
<b>Packed Lunch</b>	<b>Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit</b> ■				
<b>Jacket Potatoes</b>					
<b>The Finale</b>	<b>Chocolate Brownie</b>	<b>Ice Cream</b>	<b>Sponge Cake</b>	<b>Cookie</b>	<b>Flapjack</b>

w/c 14th October, 4th November, 25th November, 16th December, 6th January, 27th January, 17th February

## WEEK TWO

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
<b>Main Event</b>	<b>Cheese and Tomato Pizza</b> ✓ Pizza topped with tomato sauce and cheese	<b>Beef Lasagne</b> ▲ Layers of pasta with minced beef and tomato sauce topped with cheese	<b>Sausage with Mash</b> ▲ Pork sausage with mash and gravy	<b>Chicken Fajitas</b> ▲ Marinated chicken with sliced vegetables, rice and a wheat wrap	<b>Golden Fish Fingers and Chips</b> ✓ MSC pollock fish fingers with chips
<b>Vegetarian Section</b>	<b>Tomato and Roasted Veggie Risotto</b> ✓ Roasted peppers, courgettes and tomatoes with edamame beans and rice	<b>Vegetable Lasagne</b> ✓ Layers of pasta with vegetables and tomato sauce topped with cheese	<b>Quorn Sausage with Mash</b> ✓ Quorn sausage with Mash and gravy	<b>Quorn Fajitas</b> ✓ Marinated Quorn with sliced vegetables, rice and a wheat wrap	<b>Sticky Onion and Cheddar Quiche and Chips</b> ✓ Wholemeal pastry with a caramelised onion and cheddar filling.
<b>Packed Lunch</b>	<b>Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit</b> ■				
<b>Jacket Potatoes</b>					
<b>The Finale</b>	<b>Chocolate Brownie</b>	<b>Ice Cream</b>	<b>Sponge Cake</b>	<b>Cookie</b>	<b>Flapjack</b>

w/c 21st October, 11th November, 2nd December, 23rd December, 13th January, 3rd February, 24th February

## WEEK THREE

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
<b>Main Event</b>	<b>Macaroni Cheese</b> ✓ Baked cheesy pasta with a crunchy topping	<b>Minced Beef Pie</b> ▲ Minced beef and carrot pie with gravy and mash	<b>Roast Chicken and Gravy with Roast Potatoes</b> ▲ Chicken fillets with roast potatoes, sage and onion stuffing and gravy	<b>Hot Dog and BBQ Beans</b> ▲ Hot Dog sausage in a roll with BBQ flavoured beans	<b>Golden Fish Fingers and Chips</b> ✓ MSC pollock fish fingers with chips
<b>Vegetarian Section</b>	<b>Quorn Bolognese</b> ✓ Quorn, vegetable and tomato sauce with wholewheat spaghetti	<b>Crispy Topped Vegetarian Pie</b> ✓ Crunchy vegetables in sauce with sliced potato topping	<b>Quorn Roast and Gravy with Roast Potatoes</b> ✓ Quorn Roast with Roast potatoes, sage and onion stuffing and gravy	<b>Veggie Dog and BBQ Beans</b> ✓ Veggie sausage in a roll with BBQ flavoured beans	<b>Cheese &amp; Tomato Pinwheel with Chips</b> ✓ Baked bread base with cheese and tomato filling with chips
<b>Packed Lunch</b>	<b>Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit</b> ■				
<b>Jacket Potatoes</b>					
<b>The Finale</b>	<b>Chocolate Brownie</b>	<b>Ice Cream</b>	<b>Sponge Cake</b>	<b>Cookie</b>	<b>Flapjack</b>

# FOOD FESTIVAL

By Aspens