

# FOOD TO FLOURISH

## WEEK 1

### MONDAY

**CHOOSE FROM**

- BBQ chicken with diced potatoes
- ✓ Macaroni cheese using Somerset cheddar with garlic bread finger
- Jacket potato with tuna mayo

**VEGETABLE OF THE DAY**  
Served with green beans

**TO FINISH**  
Ice cream, fruit smoothie or apple lolly

### TUESDAY

**CHOOSE FROM**

- Roast beef and Yorkshire pudding roast potatoes and gravy
- ✓ Savoury Quorn mince and Yorkshire pudding, roast potatoes and gravy
- Tangy chicken curry with brown and white rice and Naan style bread

**VEGETABLE OF THE DAY**  
Served with a medley of broccoli, cauliflower and carrots

**TO FINISH**  
Chocolate and mandarin sponge

### WEDNESDAY

**CHOOSE FROM**

- Baked sausage roll with mashed potato
- ✓ Margherita pizza
- ✓ Quorn and bean casserole with diced potatoes

**VEGETABLE OF THE DAY**  
Served with garden peas and sweetcorn

**TO FINISH**  
Fruit flapjack

### THURSDAY

**CHOOSE FROM**

- Roast chicken, roast potatoes and gravy
- ✓ Vegetarian sausages, roast potatoes and gravy
- BBQ beef wrap

**VEGETABLE OF THE DAY**  
Served with seasonal swede, carrots and broccoli

**TO FINISH**  
Mini biscuit and seasonal fruit wedges

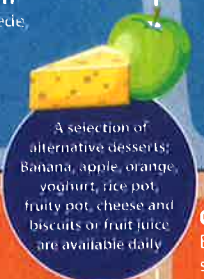
### FRIDAY

**CHOOSE FROM**

- Fish fingers, chips and tomato sauce
- ✓ Curried vegetable puff and chips
- ✓ Jacket potato with Somerset cheddar cheese

**VEGETABLE OF THE DAY**  
Served with garden peas or baked beans

**TO FINISH**  
A choice of cold desserts



## WEEK 2

**CHOOSE FROM**

- Chicken grill with diced potatoes
- ✓ Italian tomato pasta with garlic bread finger
- Fish finger wrap with diced potatoes

**VEGETABLE OF THE DAY**  
Served with garden peas

**TO FINISH**  
Ice cream, fruit smoothie or apple lolly

**CHOOSE FROM**

- Roast pork with roast potatoes and gravy
- ✓ Vegetarian sausage puff with roast potatoes and gravy
- ✓ Jacket potato with Somerset cheddar cheese

**VEGETABLE OF THE DAY**  
Served with a medley of broccoli, cauliflower and carrots

**TO FINISH**  
Seasonal apple and blackberry oaty muffin

**CHOOSE FROM**

- ✓ Quorn sausage grill with mashed potato and gravy
- ✓ Margherita pizza
- ✓ Veggie-ball wrap with mashed potato

**VEGETABLE OF THE DAY**  
Served with green beans and sweetcorn

**TO FINISH**  
A choice of cold desserts

**CHOOSE FROM**

- Roast chicken, roast potatoes and gravy
- ✓ Tomato and vegetable pasta with garlic bread finger
- Jacket potato with tuna mayo

**VEGETABLE OF THE DAY**  
Served with broccoli and baton carrots

**TO FINISH**  
Mini biscuit and seasonal fruit wedges

**CHOOSE FROM**

- Battered fish and chips with tomato sauce
- ✓ Sweet potato and lentil curry with brown and white rice and Naan style bread
- ✓ Cheese and onion pasty and chips

**VEGETABLE OF THE DAY**  
Served with garden peas or baked beans

**TO FINISH**  
Autumn cake



## WEEK 3

**CHOOSE FROM**

- Baked pork sausages with mashed potato and gravy
- ✓ Quorn nuggets with mashed potato and gravy
- ✓ Jacket potato with Somerset cheddar cheese

**VEGETABLE OF THE DAY**  
Served with broccoli

**TO FINISH**  
Ice cream, fruit smoothie or apple lolly

**CHOOSE FROM**

- Roast beef and Yorkshire pudding, roast potatoes and gravy
- ✓ Vegetarian toad in the hole, roast potatoes and gravy
- ✓ Vegetarian fajita with brown and white rice

**VEGETABLE OF THE DAY**  
Served with a medley of broccoli, cauliflower and carrots

**TO FINISH**  
Winter spiced apple crumble slice

**CHOOSE FROM**

- Bubble salmon with diced potatoes
- ✓ Margherita pizza
- Jacket potato with ham and tomato

**VEGETABLE OF THE DAY**  
Served with garden peas and sweetcorn

**TO FINISH**  
Shortbread biscuit

**CHOOSE FROM**

- Roast pork, roast potatoes and gravy
- ✓ Quorn Korma with brown and white rice and Naan style bread
- ✓ Baked beans and Somerset cheddar cheese yorkie

**VEGETABLE OF THE DAY**  
Served with seasonal cabbage and carrots

**TO FINISH**  
Chocolate brownie

**CHOOSE FROM**

- Fish fingers with chips and tomato sauce
- ✓ Veggie-balls in tomato sauce with pasta
- ✓ BBQ Quorn fillet and chips

**VEGETABLE OF THE DAY**  
Served with garden peas

**TO FINISH**  
A choice of cold desserts

## CALENDAR

✓ Vegetarian • Gold award winner Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets \*Green Gourmet's award-winning Red Tractor chicken breast fillet – Winner of the Queen's Award for Enterprise: Innovation 2017

OCTOBER 2018							NOVEMBER 2018							DECEMBER 2018							JANUARY 2019							FEBRUARY 2019							MARCH 2019							APRIL 2019						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
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28	29	30	31				25	26	27	28	29	30	23	24	25	26	27	28	29	27	28	29	30	31			24	25	26	27	28			24	25	26	27	28	29	30	28	29	30					

