

Mega Mondays

ZWD

4









v = Vegetarian | vg = Vegan bb = Plant based | gf = Gluten Free

## WEEK 1

Weeks starting: 30th August, 20th September, 11th October, 1st November, 22nd November, 13th December

Hand Stretched Pizza Margherita (v) Vegan Mince Potato Hash (vg) (gf) Baked Jacket Potato (Choice of Fillings) (gf) Crusty French Baguette with a Choice of Fillings

Potato Wedges, Sweetcorn, Garden Peas

Vanilla Ice Cream Sultana Shortbread Cookie Fresh Fruit Organic Yoghurt

Traditional Beef Exeter
Authentic Vegetable Curry (vg) with Wholegrain Rice (gf)
Baked Jacket Potato (Choice of Fillings) (gf)
Sandwich with a Choice of Fillings

New Potatoes, Cauliflower, Green Beans

Apple & Pear Upside Down Crumble with Vanilla Custard
Marbled Biscuit
Fresh Fruit
Organic Yoghurt

Roast Chicken (gf)
Vegan Chinese Rice (vg) (gf)
Baked Jacket Potato (Choice of Fillings) (gf)
Farmhouse Roll (Choice of Fillings)

Homemade Roast Potatoes, Broccoli, Carrots, Gravy

Pink Lemonade Jelly Grasmere Gingerbread Fresh Fruit Organic Yoghurt

Oven Baked Sausages Oven Baked Vegan Sausage (vg) Baked Jacket Potato (Choice of Fillings) (gf) Wrap (Choice of Fillings)

Mashed Potato, Carrots, Green Cabbage

Golden Sponge with Custard Baked Chocolate Flapjack Fresh Fruit Organic Yoghurt

MSC Breaded Fish Fingers
Mexican Bean Wrap (v)
Baked Jacket Potato (Choice of Fillings) (gf)
Farmhouse Roll (Choice of Fillings)

Chips, Baked Beans, Garden Peas, Tomato Ketchup

Chocolate Beetroot Cake with Chocolate Sauce
Lancashire Cookie
Fresh Fruit
Organic Yoghurt

## WEEK 2

Weeks starting: 6th September, 27th September, 18th October, 8th November, 29th November

Hand Stretched Pizza Margherita (v) Penne Pasta in Neapolitan Sauce (v) Baked Jacket Potato (Choice of Fillings) (gf) Wrap (Choice of Fillings)

Potato Wedges, Garden Peas, Buttered Sweetcorn

Strawberry Ice Cream French Cookies Fresh Fruit Organic Yoghurt

All Day Breakfast Vegetarian All Day Breakfast (v) Baked Jacket Potato (Choice of Fillings) (gf) Farmhouse Roll (Choice of Fillings)

Sweetcorn, Mixed Salad

Apple Sponge Cake with Custard Flapjack Fresh Fruit Organic Yoghurt

Roast Chicken with Stuffing Tomato & Herb Quorn Fillet (v) (gf) Baked Jacket Potato (Choice of Fillings) (gf) Sandwich with a Choice of Fillings

Homemade Roast Potatoes, Green Cabbage, Swede Mash, Gravy

> Bakewell Pudding Chocolate Krispie Square Fresh Fruit Organic Yoghurt

Beef Bolognese with Spaghetti Vegetable Fajita with Wholegrain Rice (v) Baked Jacket Potato (Choice of Fillings) (gf) Crusty French Baguette with a Choice of Fillings

Broccoli, Carrots

Lemon Sponge & Custard Butterscotch Biscuits Fresh Fruit Organic Yoghurt

MSC Breaded Fish Fingers MSC Creamy Lemon Salmon Pasta Baked Jacket Potato (Choice of Fillings) (gf) Wrap (Choice of Fillings)

Chips, Garden Peas, Sweetcorn

Frosted Carrot Cake Muffins Vanilla Shortbread Fresh Fruit Organic Yoghurt

## WEEK 3

Bread and Salad Bar available

DAILY

Weeks starting: 13th September, 4th October, 25th October, 15th November, 6th December

Hand Stretched Pizza Margherita (v)
Vegan Mexican Chilli (vg) with Wholegrain Rice (gf)
Baked Jacket Potato (Choice of Fillings) (gf)
Wrap (Choice of Fillings)

Pasta in a Tomato Sauce, Sweetcorn, Green Beans

Chocolate Ice Cream Rice Pudding Fresh Fruit Organic Yoghurt

The Dolce Cheddar Burger Crumbed Vegetable Burger (v) Baked Jacket Potato (Choice of Fillings) (gf) Sandwich with a Choice of Fillings

Potato Wedges, Carrot Sticks, Garden Peas

Jam Roly Poly with Custard Iced Vanilla Sponge Fresh Fruit Organic Yoghurt

Roast Chicken With Yorkshire Pudding Lemon & Herb Quorn Fillet (vg) (gf) Baked Jacket Potato (Choice of Fillings) (gf) Farmhouse Roll (Choice of Fillings)

> Homemade Roast Potatoes, Carrots, Green Cabbage, Gravy

> > Chocolate Fudge Pudding Blackcurrant Jelly Fresh Fruit Organic Yoghurt

Macaroni Cheese (v)
Homemade Cornish Pasty Pie with Gravy
Baked Jacket Potato (Choice of Fillings) (gf)
Crusty French Baguette with a Choice of Fillings

Broccoli, Cauliflower

Apple & Peach Crumble with Custard
Lemon Courgette Cake
Fresh Fruit
Organic Yoghurt

MSC Breaded Fish Fingers Omelette (v) (gf) Baked Jacket Potato (Choice of Fillings) (gf) Wrap (Choice of Fillings)

Chins Garden Peas Baked Beans Tomato Ketchur

Jaffa Cake Muffins Oat Cookie Fresh Fruit Organic Yoghurt