

w/c 6<sup>th</sup> January, 27<sup>th</sup> January

## WEEK ONE

### MONDAY Authentic Italian

### TUESDAY Family Faves

### WEDNESDAY Baking British

### THURSDAY Food Festival

### FRIDAY Fun Day

## THEME DAYS

#### Cheese and Tomato Pasta Bake



Wholewheat penne with the ultimate tomato sauce topped with cheese

#### All Day Breakfast



Grilled sausage, egg, beans, tomato and hash brown

#### Roast Chicken and Gravy with Mash



Chicken fillets with mash, stuffing and gravy

#### Chicken Curry and Rice



Marinated chicken thigh pieces in a buttery curry sauce with rice

#### Salmon Fish Fingers and Chips

MSC salmon fish fingers with chips and peas

#### Quorn Meatballs and Spaghetti



Quorn meatballs in a tasty tomato sauce with wholewheat spaghetti

#### Veggie All Day Breakfast



Veggie sausage, egg, beans, tomato and hash brown

#### Quorn Roast and Gravy with Mash



Quorn roast with mash, sage and onion stuffing and gravy

#### Cauliflower and Lentil Jalfrezi and Rice



Lightly spiced cauliflower and lentil curry with rice

#### Cheese and Bean Wrap and Chips



Half a wholewheat wrap stuffed with baked beans and cheese

Trip to  
France

Italian Day  
Out

Try our  
Scottish  
Menu

We offer seasonal  
vegetables, bread,  
yoghurt and  
fruit daily.  
(allergy information  
is available)

Main  
Event

Vegetarian  
Section

Packed Lunch

Pasta Bar

#### Italian Crumble Cake

Crumble base filled with apples topped with even more crumble

#### Winter Sponge

Orange and cinnamon sponge with a twist!

#### Fruity Loaf

Mixed dried fruit cake with soft brown sugar and cinnamon

#### New York Cheesecake

Baked cheesecake with fruit topping

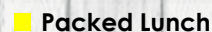
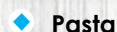
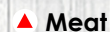
#### Lemon Cookie

Zesty lemon cookie with juicy fruit

The Finale

Available Daily Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit

Pasta available daily with Tomato sauce or special of the day



w/c 13<sup>th</sup> January, 3<sup>rd</sup> February

## WEEK TWO

### MONDAY Authentic Italian

#### Cheese and Tomato Pizza

Pizza topped with tomato sauce and cheese

### TUESDAY Family Faves

#### Beef Lasagne

Layers of pasta with minced beef and tomato sauce topped with cheese

### WEDNESDAY Baking British

#### Sausage with Mash

Pork sausage with mash and gravy

### THURSDAY Food Festival

#### Chicken Fajitas

Marinated chicken with sliced vegetables, rice and a wheat wrap

### FRIDAY Fun Day

#### Golden Fish Fingers and Chips

MSC pollock fish fingers with chips

## THEME DAYS

Fairytale  
Festival

Chinese New  
Year

Pancake  
Day

We offer seasonal  
vegetables, bread,  
yoghurt and  
fruit daily.  
(allergy information  
is available)

#### Tomato and Roasted Veggie Risotto

Roasted peppers, courgettes and tomatoes with edamame beans and rice

#### Vegetable Lasagne

Layers of pasta with vegetables and tomato sauce topped with cheese

#### Quorn Sausage with Mash

Quorn sausage with Mash and gravy

#### Quorn Fajitas

Marinated Quorn with sliced vegetables, rice and a wheat wrap

#### Sticky Onion and Cheddar Quiche and Chips

Wholemeal pastry with a caramelised onion and cheddar filling.

Available Daily Pick and Mix Deli – Freshly Filled Sandwich or Roll,  
Healthy Snack, Home Bake and Piece of Fruit

Pasta available daily with Tomato sauce or special of the day

#### Tiramisu

Soft cheese and cream layers with sponge and cocoa

#### Winter Fruit Brulee

Dessert pot with berries, cream and yoghurt with a crunchy topping

#### Apple and Berry Crumble

Baked apples and berries topped with an oaty crumble

#### Mexican Chocolate Pudding

Chocolate and cinnamon flavoured sponge and sauce..

#### Ginger Cookie and Fruit Slices

Ginger Cookie with juicy fruit

Main  
Event

Vegetarian  
Section

Packed Lunch

Pasta Bar

The Finale

w/c 20<sup>th</sup> January, 10<sup>th</sup> February

## WEEK THREE

### MONDAY Authentic Italian

#### Macaroni Cheese



Baked cheesy pasta with a crunchy topping

### TUESDAY Family Faves

#### Minced Beef Pie



Minced beef and carrot pie with gravy and mash

### WEDNESDAY Baking British

#### Roast Chicken and Gravy with Roast Potatoes



Chicken fillets with roast potatoes, sage and onion stuffing and gravy

### THURSDAY Food Festival

#### Hot Dog and BBQ Beans



Hot Dog sausage in a roll with BBQ flavoured beans

### FRIDAY Fun Day

#### Golden Fish Fingers and Chips

MSC pollock fish fingers with chips

## THEME DAYS

Trip to  
Wales

Best of  
British

And lots  
more ...

We offer seasonal  
vegetables, bread,  
yoghurt and  
fruit daily.  
(allergy information  
is available)

Main  
Event

Vegetarian  
Section

#### Quorn Bolognese



Quorn, vegetable and tomato sauce with wholewheat spaghetti

#### Crispy Topped Vegetarian Pie



Crunchy vegetables in sauce with sliced potato topping

#### Quorn Roast and Gravy with Roast Potatoes



Quorn Roast with Roast potatoes, sage and onion stuffing and gravy

#### Veggie Dog and BBQ Beans



Veggie sausage in a roll with BBQ flavoured beans

#### Cheese & Tomato Pinwheel with Chips



Baked bread base with cheese and tomato filling with chips

Packed Lunch

Available Daily Pick and Mix Deli – Freshly Filled Sandwich or Roll,  
Healthy Snack, Home Bake and Piece of Fruit



Pasta Bar

Pasta available daily with Tomato sauce or special of the day



#### Lemon Drizzle Flapjack

Oaty flapjack topped with a lemon drizzle

#### Sticky Ginger Cake

Traditional sticky ginger sponge with custard.

#### Fruity Rice Pudding

Chilled rice pudding with caramelised pineapple

#### Vanilla and Blueberry Blondie

Chewy, fruity traybake with vanilla and blueberries

#### Oaty Energy Cookie

Oat Cookie with juicy fruit

The Finale