



# Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	*Italian-Style Meat Balls in Handmade Tomato Sauce	Cottage Pie made with Westcountry Beef	Roast Beef & Yorkshire Pudding	Home Made Margherita Pizza	Breaded Cod
<b>Vegetarian</b>	*Sweet Potato & Lentil Curry	Sticky Quorn Sausage	Handmade Vegetarian Roast	Bean & Pasta Casserole	Handmade Cheese Frittata
<b>Sides</b>	Rice, Peas & Cauliflower	Diced Potatoes, Broccoli, Peas & Gravy	Roast Potatoes or Mashed Potatoes Carrots, Cabbage & Gravy	Baked Potato Wedges, Broccoli & Peas	Chipped Potatoes or Pasta, Seasonal Vegetables & Tomato Sauce
<b>Dessert</b>	*Raspberry & Apple Sponge with Custard	*Fruit Jelly & Ice Cream	*Fresh Fruit Platter	*Handmade Iced Carrot Cake	Handmade Chocolate Shortcake

Available Each Day

Salad, fresh fruit salad and yoghurt.

Jacket potatoes available each day with a choice of Tuna, Baked Beans, Cheese or Coleslaw.

Week starting: 31 Oct • 21 Nov • 12 Dec • 16 Jan • 6 Feb • 6 Mar • 27 Mar



# Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Barbecue Chicken	Mixed Grill Bacon, Sausage, Diced Potatoes, Baked Beans	Roast Chicken & Stuffing	Cottage Pie (made with Westcountry Beef) with Sweet Potato Topping	Fish Fingers (x3)
<b>Vegetarian</b>	Vegetarian Sausage Roll with Tomato Sauce	Vegetarian Chilli with Rice	Quorn Roast	Cheese Pasta Bake	*Vegetarian Wrap
<b>Sides</b>	Pasta or Rice with Broccoli & Carrots	Peas & Tomato	Roast Potatoes or Mashed Potatoes Broccoli, Carrots & Gravy	Crusty Bread & Farmhouse Vegetables	Chipped Potatoes or Pasta, Seasonal Vegetables & Tomato Sauce
<b>Dessert</b>	Handmade Madeleine Sponge & Pink Custard	Lemon or Raspberry Mousse Slice	*Handmade Autumn Fruit Crumble & Custard	*Fresh Fruit Platter	Handmade Chocolate Cracknel

Available Each Day

Salad, fresh fruit salad and yoghurt.

Jacket potatoes available each day with a choice of Tuna, Baked Beans, Cheese or Coleslaw.

Week starting: 7 Nov • 28 Nov • 2 Jan • 23 Jan • 20 Feb • 13 Mar

## Did you know?

Apples grow on trees and in spring the tree produces blossom. Blossom are flowers. Tucked inside the bottom of each blossom is the ovule. Inside the ovule are the seeds that will turn into an apple when the bees have pollinated it. The apple will take about 4 months to grow and will be ready to eat in Autumn.



# Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Oven Baked Westcountry Sausages with Baked Potato Wedges	Braised Beef in Onion Gravy	Roast Gammon & Pineapple	Tomato & Herb Pasta with Crusty Bread	Salmon Crispy Fingers
<b>Vegetarian</b>	Quorn Korma with Rice & Naan Bread	Handmade Cheese Wheel & Tomato Relish	Handmade Homity Pie	Homemade Lentil Roast with Oven Baked Potato Wedges	Vegetarian Burger in a Seeded Bap
<b>Sides</b>	Baked Beans or Green Beans	Creamed Potatoes, Cabbage & Broccoli	Roast Potatoes or Mashed Potatoes Carrots, Green Beans & Gravy	Broccoli & Peas	Chipped Potatoes or Pasta, Seasonal Vegetables & Tomato Sauce
<b>Dessert</b>	*Sticky Chocolate Slice with Chocolate Sauce	*Fruit Platter	Fruit Smoothie	*Eve's Pudding with Custard	*Handmade Fruity Flapjack

Available Each Day

Salad, fresh fruit salad and yoghurt.

Jacket potatoes available each day with a choice of Tuna, Baked Beans, Cheese or Coleslaw.

Week starting: 14 Nov • 5 Dec • 9 Jan • 30 Jan • 27 Feb • 20 Mar



## Did you know?

Pumpkins are popular decorations during Halloween. A carved pumpkin illuminated by candles is known as a 'jack-o-lantern'. When you make your lantern save the seeds and dry them for a delicious healthy snack and make the flesh into soup or pumpkin pie.

