



WEEK 1

Winter Menu

MONDAY

Soup of the day with
homemade bread (V)

Toad in the hole with
Chigwell (pork), chicken (H)
or plant-based sausages

Slow braised beef brisket
with root vegetables and
gravy

Vegetable and bean
crumble (Vegan available)

Mashed potato
Seasonal vegetables

Pineapple upside down
cake with custard

Mini chocolate filled
doughnuts

Fresh fruit and jelly
available

TUESDAY

Soup of the day with
homemade bread

Chili beef taco with spicy
rice and a selection of dips

Chicken fajita with spicy rice
and a selection of dips (HA)

Vegan vegetable bean taco
with spicy rice and a
selection of dips (VE)

Potato bravas
Seasonal vegetables

Apple crumble with custard

Yoghurt bar with granola
and frozen fruits.

Fresh fruit and jelly available

WEDNESDAY

Soup of the day with
homemade bread (V)

Honey roasted gammon
with Yorkshire pudding and
gravy

Creamy chicken pie (HA)

Country vegetable and
chickpea pie

Roast potatoes
Seasonal vegetables

Peach and pear pie with
custard

Marshmallow rice crispy
cake

Fresh fruit and jelly
available

THURSDAY

Soup of the day with
homemade bread (V)

Spicy sticky pork bao bun
with a pickled radish salad

Chinese battered chicken
with a sweet chili sauce
(HA)

Bao bun with crispy tofu
with a pickled radish salad

Vegetable fried rice
Seasonal vegetables

Golden syrup sponge with
custard

Fruit salad

Fresh fruit and jelly
available

FRIDAY

Soup of the day with
homemade bread (V)

Fresh hand battered fish of
the day

Fish fingers

Margherita Pizza (V)

Pepperoni Pizza

Ham and Pineapple Pizza.

BBQ chicken drumsticks (H)

Chips
Seasonal vegetables

Home baked cookie
Bread and butter pudding
with custard

Fresh fruit and jelly available

Please note that jacket potatoes, pasta and sauces, a selection of salads, sandwiches and baguettes will be available each day.

HA = Halal available V = Vegetarian VE = Vegan



WEEK 2

Winter Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup of the day with homemade bread (V)	Soup of the day with homemade bread (V)	Soup of the day with homemade bread (V)	Soup of the day with homemade bread (V)	Soup of the day with homemade bread
Beef lasagna with garlic bread (HA)	Tandoori chicken skewer (H) with an onion bhaji and raita on the side	Traditional roast beef with Yorkshire pudding and gravy (HA)	Meatball station - spaghetti with pork, chicken (H) or plant-based meatballs	Fresh hand battered fish of the day
Hunters chicken topped with mature cheddar cheese	Mac 'n' cheese with garlic bread (V)	Cumberland sausage ring with a Yorkshire pudding and onion chutney on the side	Creamy seafood penne	Burger station - British steak burger topped with caramelised onion and a wholegrain mustard chutney
Vegetable lasagne with garlic bread (V) (Vegan available)	Chana masala (chickpea curry) with basmati rice and an onion bhaji (VE)	Butternut squash and hispi cabbage wellington (VE)	Stuffed Aubergine with roasted vegetable and lentil ragu (VE)	Plant based burger with a caramelised onion and wholegrain mustard chutney (VE)
Herby diced potatoes Seasonal vegetables	Saag Aloo Potatoes Seasonal vegetables	Roast potatoes Seasonal vegetables	Salt & Pepper Potatoes Seasonal vegetables	Chips Seasonal vegetables
Sticky toffee pudding with custard	Home baked cookies Lemon drizzle cake with custard	Mini blueberry muffins	Flap Jack	Strawberry Cheesecake
Mini jam doughnuts	Fresh fruit and jelly available	Sticky toffee pudding with custard	American pancake with Chocolate Sauce	Cheese and biscuits
Fresh fruit and jelly available		Fresh fruit and jelly available	Fresh fruit and jelly available	Fresh fruit and jelly available

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WEEK 3

Winter Menu

MONDAY

Soup of the day with
homemade bread (V)

Peri peri chicken thighs with
a spicy rice (HA)

Chilli beef burrito with
guacamole and tomato salsa
on the side

Mixed refried bean quesadilla
with guacamole and tomato
salsa on the side (V)
(Vegan available)

Spicy Rice

Seasonal vegetables

Mini blueberry muffin

Warm lemon drizzle cake
with custard

Fresh fruit and jelly available

TUESDAY

Soup of the day with
homemade bread (V)

Chicken tikka masala with
naan bread and a selection
of dips/onion salad (HA)

Chicken and pork Thai
meatballs with lemon
scented rice

Vegetable chickpea
mousaka (VE)

Bombay potatoes

Seasonal vegetables

Banana loaf

Apple and pear crumble
with custard

Fresh fruit and jelly
available

WEDNESDAY

Soup of the day with
homemade bread (v)

Roast loin of Pork with
Yorkshire pudding and
gravy

Roasted chicken thighs with
Yorkshire pudding and
gravy (HA)

Winter vegetable tart
topped with feta cheese
and pumpkin seeds (V)
(Vegan available)

Roast potatoes

Seasonal vegetables

Mixed Fruit pie with custard

Chocolate Brownie

Fresh fruit and jelly
available

THURSDAY

Soup of the day with
homemade bread

Chicken and bacon
carbonara pasta bake with
garlic bread

Creamy tomato and
mozzarella pasta bake with
garlic bread (V) (Vegan
available)

Beef bourginon stew with
bacon lardons, garlic
croutons and braised rice

Minted new potatoes

Seasonal vegetables

Apple and banana crumble
with custard

Fruit Salad

Fresh fruit and jelly
available

FRIDAY

Soup of the day with
homemade bread (v)

Fresh hand battered
haddock

Southern fried chicken with
slaw on the side (H)

Gammon and egg

Roasted spiced cauliflower
steak with wilted spinach
(VE)

Vegan sausage roll (VE)

Fish fingers

Chips

Seasonal vegetables

Choc ice

Rice pudding with a toffee
sauce

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