



Week One

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni Cheese & Crusty Bread - 2,7,9	Savoury Mince Pie - 1,2,4,7	Roast Chicken & Stuffing - 2	Westcountry Sausages - 2,14	Harry Ramsden's Battered Fish - 2,5,8,9
Vegetarian	Sausage Casserole with Boiled Potatoes - 1,2,4,7,13,14	Vegetable Curry	Country Garden Crumble - 2	Potato & Courgette Rosti - 2,4	Pizza Muffins - 2,7,13
Sides	Peas, Swede, Gravy	Rice, Creamed Potatoes, Sweetcorn, Cabbage, Gravy - 7	Roast Potatoes, Creamed Potatoes, Carrots, Cauliflower & Gravy - 7	Creamed Potatoes, Pasta, Baked Beans, Broccoli & Gravy - 7	Chips, Pasta, Sweetcorn, Ketchup, Carrot/Cucumber Sticks
Dessert	Fruit Crumble & Custard - 2,7	Sticky Toffee Pudding & Custard - 2,4,7	Fresh Fruit Platter or Smoothies	Chocolate Rice Pudding - 7	Home-made Custard Biscuit - 2
Jacket Potato	Jacket Potato available daily except on Fridays				
Available Each Day	Fresh fruit, salad, bread, yoghurt and water				
Week starting:	30 Oct • 20 Nov • 11 Dec • 15 Jan • 5 Feb • 5 Mar • 26 Mar				



Week Two

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheese & Tomato Pizza - 2,4,7	Lasagne & Crusty Bread - 1,2,4,7,9	Roast Beef	Chicken Meatballs in a Tomato Sauce with Pasta or Rice - 2	Harry Ramsden's Breaded Seaside Fish - 2,5
Vegetarian	Vegetarian Chili - 1,14	Risotto Verdi - 1,14	Vegetarian Roast - 1,2,4,7,9	Vegetarian Sausage Pasta Bake - 1,2,4,7,14	Cheese & Bean Pasty - 2
Sides	Potato Wedges, Savoury Rice, Green Beans, Fresh Carrots - 1,14	Coleslaw, Peas - 4	Roast Potatoes, Creamed Potatoes, Broccoli, Carrots & Gravy - 7	Sweetcorn, Baked Beans	Chips, Pasta, Peas, Ketchup, Carrot/Cucumber Sticks - 2
Dessert	Jam Sponge & Custard - 2,4,7,14	Honey Cake - 2,4	Chocolate Cracknel - 2,7	Baked Fruit & Custard - 7	Sarah's Home-made Raspberry Shortcake & Juice - 2
Jacket Potato	Jacket Potato available daily except on Fridays				
Available Each Day	Fresh fruit, salad, bread, yoghurt and water				
Week starting:	6 Nov • 27 Nov • 1 Jan • 22 Jan • 19 Feb • 12 Mar				

Did you know?
MEAT FREE MONDAYS

If every person in Britain skipped meat for one day, it would reduce our carbon footprint by more than if every car was taken off the road for one day.



Week Three

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pasta Bolognese & Crusty Bread - 2	Chicken Casserole & Cornbread - 2,4,7,14	Roast Gammon & Pineapple	Beef Burger - 2,4,5,7	Fish Fingers - 2,5
Vegetarian	Chinese Sweet & Sour Noodles with Vegetables - 1,2,4,7,14	Cheese Wheels & Seasoned Wedges - 2,4,7,9	Homity Pie - 2,4,7	Vegetarian Enchilada - 2	Spanish Omelette or Vegetarian Sausage - 2,4,7,9
Sides	Broccoli, Sweetcorn	Farmhouse Vegetables, Autumn Salad, Tomato Sauce	Roast Potatoes, Creamed Potatoes, Carrots, Broccoli & Gravy - 7	Pasta, Rice, Coleslaw, Peas - 4	Chips, Pasta, Baked Beans, Carrot & Cucumber Sticks - 2
Dessert	Dionne's Autumn Cake - 2,4	Fruit Jelly & Vanilla Ice Cream by Langle Farm - 7	Fruit Platter or Rice Pots - 7	Sticky Chocolate Cake & Chocolate Sauce - 2,4,7	Home-made Jammie Dodger & Milkshake - 2,4,7
Jacket Potato	Jacket Potato available daily except on Fridays				
Available Each Day	Fresh fruit, salad, bread, yoghurt and water				
Week starting:	13 Nov • 4 Dec • 8 Jan • 29 Jan • 26 Feb • 19 Mar				



Did you know?
ORGANIC
Organic food production helps preserve local wildlife.

