

Week one

Coventry and Warwickshire: 5/9, 26/9, 17/10, 7/11, 28/11, 9/1/23, 30/1.
Leicestershire: 5/9, 26/9, 7/11, 28/11, 9/1/23, 30/1.
Oxfordshire: 5/9, 26/9, 17/10, 7/11, 28/11, 19/12, 9/1/23, 30/1, 20/2.

Choose a main meal... MEAT FREE MONDAY

MONDAY

(v) Crispy Quorn Dippers with Barbeque Sauce or Ketchup and Crispy Baked Potatoes

(v,h) Broccoli and Sweetcorn Pasta Bake in a creamy sauce with a grilled cheese topping with Malted Wheat Baguette

On the side...
Fresh Salad
Vegetables of the Day

For dessert...
(v) Chocolate Mousse with Fruit
(vg,h) Homemade Ginger Biscuit
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

TUESDAY

(h) Organic Pork Meatballs with Rich and Rustic Tomato Sauce and Pasta

(v,h) Cheddar Cheese and Potato Pie with Crusty Bread

On the side...
Fresh Salad
Vegetables of the Day
Baked Beans

For dessert...
(vg,h) Homemade Lemon Shortbread
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... WEDNESDAY ROAST

WEDNESDAY

British Roast Chicken Joint or Fillet, Sage and Onion Stuffing and Gravy

(vg) Quorn Roast in Gravy with Sage and Onion Stuffing
Crispy Roast Potatoes

On the side...
Vegetables of the Day

For dessert...
(v,h) Homemade Chocolate Cherry Sponge with Hot Choc Sauce
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

THURSDAY

(h) Beef Bolognese with Twisty Pasta and Garlic Bread

(vg) Veggie Sausage Pattie in a Breakfast-Bap with Baked Potato Wedges

On the side...
Fresh Salad
Vegetables of the Day
Baked Beans

For dessert...
(vg,h) Homemade Iced Pineapple Cake
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... FISHY FRIDAY

FRIDAY

(msc) Crispy Battered Salmon Fishcake with Criss-Cross Potatoes

(v,h) Cheese and Tomato Pizza

On the side...
Fresh Salad
Peas or Baked Beans

For dessert...
(v) Ice Cream
(vg) Homemade Crunch Cookie
(v) Organic Yoghurt or Fresh Fruit

Week two

Coventry and Warwickshire: 12/9, 3/10, 14/11, 5/12, 16/1, 6/2, 27/2.
Leicestershire: 12/9, 3/10, 24/10, 14/11, 5/12, 16/1, 6/2, 27/2.
Oxfordshire: 12/9, 3/10, 14/11, 5/12, 16/1, 6/2, 27/2.

Choose a main meal... MEAT FREE MONDAY

MONDAY

(h) Tuna Pasta Bake with a Freshly Baked Wholegrain Baguette

(v) Veggie Toad in the Hole with Creamy Mash and Gravy

On the side...
Fresh Salad
Vegetables of the Day

For dessert...
(vg,h) Homemade Flapjack with Fruit Wedges
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

TUESDAY

Lowerhurst Farm Organic Beef Burger in a High Fibre Bun with Ketchup

(vg) Plant Power "Burger" in a High Fibre Bun with Ketchup
Baked Potato Wedges

On the side...
Fresh Salad
Vegetables of the Day

For dessert...
(v) Ice Cream Tub
(vg,h) Homemade Chocolate Oatcake
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... WEDNESDAY ROAST

WEDNESDAY

British Roast Pork or Gammon Joint or Loin Steak, Apple Sauce and Gravy

(vg) Quorn Roast in Gravy with Apple Sauce
Crispy Roast Potatoes

On the side...
Vegetables of the Day

For dessert...
(v,h) Homemade Oaty Apple Crumble and Custard
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

THURSDAY

(h) Homemade Chicken Pie with Creamy Mash and Gravy

(v) Cheese and Onion Pasty with Crispy Diced Potatoes

On the side...
Baked Beans
Vegetables of the Day

For dessert...
(v,h) Homemade Crispy Cornflake Cookie
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... FISHY FRIDAY

FRIDAY

(msc) Breaded Fish Fillet with Chips

(v) Cheese and Tomato Pizza

On the side...
Fresh Salad
Peas or Baked Beans

For dessert...
(v) Dinky Doughnuts with Chocolate Sauce
(v) Ice Cream
(v) Organic Yoghurt or Fresh Fruit

Week three

Coventry and Warwickshire: 19/9, 10/10, 31/10, 21/11, 12/12, 2/1/23, 23/1, 13/2, 6/3.
Leicestershire: 29/8, 19/9, 10/10, 31/10, 21/11, 12/12, 2/1/23, 23/1 13/2, 6/3.
Oxfordshire: 19/9, 10/10, 31/10, 21/11, 12/12, 2/1/23, 23/1, 6/3.

Choose a main meal... MEAT FREE MONDAY

MONDAY

(vg) Breaded Vegetable Fingers with Chips

(v) Vegetable Korma with Wholegrain Rice

On the side...
Baked Beans
Fresh Salad
Vegetables of the Day

For dessert...
(vg,h) Homemade Chocolate Cracknel
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

TUESDAY

Gold Medal Winning British Pork Sausages with Creamy Mash and Gravy

(vg,h) Chinese Style Plant Based "Meat" Balls with Noodles

On the side...
Vegetables of the Day

For dessert...
(v) Chocolate or Strawberry Swirl Mousse
(vg,h) Homemade Fruity Flapjack
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... WEDNESDAY ROAST

WEDNESDAY

British Roast Beef, Yorkshire Pudding and Gravy

(vg) Quorn Roast in Gravy with (v) Yorkshire Pudding
Crispy Roast Potatoes

On the side...
Vegetables of the Day

For dessert...
(v,h) Homemade Iced Sponge with Sprinkles and Custard
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

THURSDAY

Chicken Fajita Wrap – tender breast marinated in mild Mexican seasoning served in a wrap with fresh salad
Plain chicken also available served with Crispy Diced Potatoes

(v,h) Homemade School Favourite Mac 'n' Cheese with Crusty Bread

On the side...
Fresh Salad
Vegetables of the Day

For dessert...
Jelly with Fruit
(vg,h) Homemade Carrot and Orange Cookie
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... FISHY FRIDAY

FRIDAY

(msc) Breaded Fish Fillet Fingers with Chips

(v) Cheese and Tomato Pizza

On the side...
Peas or Baked Beans

For dessert...
(v) Cheddar Cheese, Crackers and Apple Slices
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit