

NourishED

by RD Johns

1

MONDAY

Butcher's Sausage & Mash, Onion Gravy and Mixed Vegetables 🥩

Vegan Quorn Sausage & Mash with Onion Gravy and Mixed Vegetables 🌱

Baked Beans Jacket Potato with Side Salad 🌱

Ice Cream and Fruit Salad 🍦

TUESDAY

Chicken & Sweetcorn Wholegrain Pasta Bake with Peas and Crusty Bread 🍗

Broccoli & Cauliflower Cheese Bake with Peas and Crusty Bread 🌱

Tuna & Sweetcorn Jacket Potato with Side Salad 🐟

Apricot Flapjack 🍪

WEDNESDAY

Roast Gammon Ham, Roast Potatoes, Vegetables and Gravy 🍖

Vegan Quorn Fillet with Roast Potatoes, Vegetables and Gravy 🌱

Cheddar Cheese and Tomato Brown Bread Sandwich with Nachos and Raisins 🧀

Winter Berry Trifle 🍷

THURSDAY

Savoury Mince served with Vegetables and Wholegrain Rice 🍖

Savoury Quorn Mince with Vegetables and Wholegrain Rice 🌱

Baked Beans & Cheddar Cheese Jacket Potato with Side Salad 🌱

Marble Cake 🍰

FRIDAY

Gluten Free Salmon Fish Finger, Chips and Beans 🐟

Roasted Vegetable Frittata with Chips and Beans 🌱

Chicken Mayo Baguette with Nachos and Raisins 🍗

Cookies 🍪

2

MONDAY

Chicken Casserole, Yorkshire Pudding with Mash Potato 🍗

Root Vegetable Casserole, with Mash Potato and Yorkshire Pudding 🌱

Baked Beans Jacket Potato with Side Salad 🌱

Ice Cream Pots 🍦

TUESDAY

Beef Burger with Potato Wedges and Beans 🍖

Southern Fried Quorn Burger in a Bun with Potato Wedges and Beans 🌱

Ham Salad Bap with Nachos and Raisins 🍖

Jam Sponge Pudding with Custard 🍰

WEDNESDAY

Roast Chicken, New Potatoes with Vegetables and Gravy 🍗

Roast Quorn Fillet, New Potatoes with Vegetables and Gravy 🌱

Tuna Mayo Jacket Potato with Side Salad 🐟

Apple Cake 🍏

THURSDAY

Wholewheat Penne Pasta, Ham & Cheese with Peas and Sweetcorn 🍝

Cheesy Wholewheat Pasta with Peas and Sweetcorn 🌱

Baked Beans Jacket Potato with Side Salad 🌱

Angel Delight with Mandarins 🍊

FRIDAY

Gluten Free Fish Fingers, Wedges and Peas 🐟

Quorn Dippers with Peas and Potato Wedges 🌱

Cheddar Cheese Salad Wrap with Nachos and Raisins 🧀

Rice Krispie Cake with Orange Slices 🍪

3

MONDAY

Chicken Korma with Wholegrain Rice and Green Beans 🍗

Quorn Korma with Wholegrain Rice and Green Beans 🌱

Baked Beans & Cheddar Cheese Jacket Potato with Side Salad 🌱

Berry Compote with Natural Yoghurt 🍓

TUESDAY

Pepperoni Pizza with Wedges and Peas 🍕

Cheese and Tomato Pizza with Wedges and Peas 🧀

Tuna Mayo Jacket Potato with Side Salad 🐟

Jelly and Fruit 🍓

WEDNESDAY

Sausage Toad in the Hole, Vegetables and Gravy 🍖

Vegan Quorn Sausage Toad in the Hole with Vegetables and Gravy 🌱

Cheddar Cheese & Cucumber Wrap with Nachos & Raisins 🧀

Pear and Oat Crumble with Custard 🍷

THURSDAY

Bolognese Wholegrain Pasta with Peas and Garlic Bread 🍝

Quorn Bolognese with Wholegrain Pasta with Garlic Bread 🌱

Baked Beans Jacket Potato with Side Salad 🌱

Carrot Cake 🍰

FRIDAY

Breaded Baked White Fish with Chips and Beans 🐟

Veggie Enchiladas with Chips and Beans 🌱

Ham Salad Brown Bread Sandwich with Nachos and Raisins 🍖

Oat Cookie 🍪

**Bread and Yoghurt
Option available daily**

