

	Monday	Tuesday	Wednesday	Thursday	Friday
Globetrotters	Chef's Special Chicken Curry of the Day Chicken curry served with Uncle Bens rice and naan bread	Hot Pot Traditional beef hot pot served with crusty bread and seasonal vegetables	Wednesday Roast of the Day Roast of the day served with roast potatoes and seasonal vegetables	Sausage and Mash Welsh farm pork sausage with Yorkshire pudding, creamed potatoes, onion gravy and seasonal vegetables	Fish Fingers and Chips Oven baked Birds Eye fish fingers and chips served with mushy peas
	Gammon Steak Grilled gammon steak served with new potatoes and seasonal vegetables	Pizza Homemade cheese and tomato pizza slice served with oven baked wedges and chopped salad	Chicken Fillet Fresh Theo's chicken wrap served with curly fries and dip pot	Cheese Whirl Homemade cheese whirl served with oven baked potato wedges and Heinz baked beans	Cottage Pie Minced beef in a rich gravy topped with creamy mashed potato served with seasonal vegetables
Metrosub	A selection of freshly made sandwiches served with coleslaw	A selection of freshly made rolls served with coleslaw	A selection of freshly made sandwiches served with rice salad	A selection of freshly made rolls served with coleslaw	A selection of freshly made sandwiches served with pasta salad
	Jacket potato with a choice of filling	Jacket potato with a choice of filling	Jacket potato with a choice of filling	Jacket potato with a choice of filling	Jacket potato with a choice of filling
Salad available daily from our freshly prepared salad bar					
Sweet treats	Lemon sponge and custard	Fruit flapjack	Jam roly poly and custard	Cornflake tart and custard	Decorated cup cakes
	Fresh fruit and biscuit	Fresh fruit and biscuit	Fresh fruit and biscuit	Fresh fruit and biscuit	Fresh fruit and biscuit
	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt
Cool drinks	Milk or fruit juice	Milk or fruit juice	Milk or fruit juice	Milk or fruit juice	Milk or fruit juice

Week 1 commencing: 12 Nov • 3 Dec • 24 Dec • 14 Jan • 4 Feb • 25 Feb • 18 Mar • 8 Apr • 29 Apr

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Globetrotters	Chef's Special Chicken Curry of the Day Chicken curry served with Uncle Bens rice and naan bread	Spaghetti Bolognese Homemade spaghetti Bolognese served with garlic bread	Wednesday Roast of the Day Roast of the day served with roast potatoes and seasonal vegetables	Homemade Minced Beef Pie Minced beef and onion pie served with creamed potatoes and seasonal vegetables	Fishfinger Bloomer Oven baked fishfingers served on a roll, oven baked wedges and chopped salad
	Beef Burger Fresh 100 % British beefburger served on a bun with oven baked wedges and chopped salad	Crispy Chicken Wrap Crispy chicken fillet in a flour tortilla served with lightly spiced potato wedges and chopped salad	Pizza Homemade cheese and tomato pizza slice served with oven baked wedges and chopped salad	Savoury Chicken Rice Fresh chicken and vegetables in a savoury rice	Barbecue Chicken Pasta Theo's BBQ chicken served with pasta and garlic bread
Metrosub	A selection of freshly made sandwiches served with coleslaw	A selection of freshly made rolls served with coleslaw	A selection of freshly made sandwiches served with rice salad	A selection of freshly made rolls served with coleslaw	A selection of freshly made sandwiches served with pasta salad
	Jacket potato with a choice of filling	Jacket potato with a choice of filling	Jacket potato with a choice of filling	Jacket potato with a choice of filling	Jacket potato with a choice of filling
Salad available daily from our freshly prepared salad bar					
Sweet treats	Angel Delight	Syrup sponge pudding and custard	Fruit jelly and cream/ice-cream	Chocolate and vanilla marble sponge and custard	Decorated cup cake
	Fresh fruit and biscuit	Fresh fruit and biscuit	Fresh fruit and biscuit	Fresh fruit and biscuit	Fresh fruit and biscuit
	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt
Cool drinks	Milk or fruit juice	Milk or fruit juice	Milk or fruit juice	Milk or fruit juice	Milk or fruit juice

Week 2 commencing: 19 Nov • 10 Dec • 31 Dec • 21 Jan • 11 Feb • 4 Mar • 25 Mar • 15 Apr • 6 May

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Globetrotters	Chef's Special Chicken Curry of the Day Chicken curry served with Uncle Bens rice and naan bread	Turkey Meatballs Turkey meatballs in a tomato sauce served with pasta and garlic bread	Wednesday Roast of the Day Roast of the day served with roast potatoes and seasonal vegetables	Homemade Meat and Potato Pie Meat and potato pie served with beetroot and seasonal vegetables	Harry Ramsden's Fish Fillet Oven baked fish fillet and chips served with mushy peas
	Pork Steak Pork steak served with vegetables and roast potatoes	Pizza Homemade cheese & ham pizza slice with oven baked wedges and chopped salad	Vegetable Pasta Bake Pasta swirls in a tomato & vegetable sauce topped with cheese served with crusty bread	Chicken Fillet Chicken fillet served with herby diced potatoes and Heinz baked beans	Vegetarian Sausage Roll Vegetarian sausage roll served with oven baked spicy wedges & Heinz spaghetti hoops
Metrosub	A selection of freshly made sandwiches served with coleslaw	A selection of freshly made rolls served with coleslaw	A selection of freshly made sandwiches served with rice salad	A selection of freshly made rolls served with coleslaw	A selection of freshly made sandwiches served with pasta salad
	Jacket potato with a choice of filling	Jacket potato with a choice of filling	Jacket potato with a choice of filling	Jacket potato with a choice of filling	Jacket potato with a choice of filling
Salad available daily from our freshly prepared salad bar					
Sweet treats	Assorted muffins	Bakewell tart and custard	Traditional rice pudding	Carrot cake	Fruit cookie
	Fresh fruit and biscuit	Fresh fruit and biscuit	Fresh fruit and biscuit	Fresh fruit and biscuit	Fresh fruit and biscuit
	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt
Cool drinks	Milk or fruit juice	Milk or fruit juice	Milk or fruit juice	Milk or fruit juice	Milk or fruit juice

Week 3 commencing: 26 Nov • 17 Dec • 7 Jan • 28 Jan • 18 Feb • 11 Mar • 1 Apr • 22 Apr

Week 3

