

MONDAY

Meatballs in tomato & basil sauce. (GF& DF)
Served with spaghetti & garlic bread

Field Mushroom Tart
Served with paprika potatoes.

Broccoli Florets
Carrots rondels
Fresh salad

Twice Baked Rhubarb Crumble with vanilla custard

Or Cake, cookie, fruit or yoghurt

Plus a water or 330ml Radnor splash

£2.50

TUESDAY

BBQ Chicken served with savoury rice (GF&DF)

Butternut squash & sage risotto (GF)

Garden Peas
Green Beans
Fresh Salad

Plum Tatin
Served with crème fraiche.

Or cake, cookie, yoghurt or fruit

Plus a water or Radnor Splash 330ml

£2.50

WEDNESDAY

Twice Cooked Pork Belly with apple (GF &DF)

Sauce and Stuffing

Cheese Leek & potato pie

Served with crispy roast potatoes

Seasonal Cabbage
Diced swede
Fresh Salad

Jam Sandwich Bread & Butter Pudding with custard

Or Cake, cookie, yoghurt or fruit

Plus a water or Radnor Splash 330ml

£2.50

THURSDAY

Chicken & Bean Enchilada served with, salsa,

Vegetarian Chimichangas

Sweetcorn
Roasted peppers.
Fresh Salad

Apple Pie served with fresh cream

Or Cake, cookie, yoghurt or fruit

Plus a water or Radnor splash 330ml

£2.50

FRIDAY

Crisp battered fillet of fish served with home made tartare sauce.

Polenta Cake with ratatouille & mozzarella

Chunky chips
Mushy peas
Roasted vegetables

Ice Cream
Fresh Fruit Salad
Cake or cookie

Plus a water or Radnor Splash 330ml

£2.50

MONDAY

Sausage, tray bake.
(GF & DF)
Served with creamy
mash potato

**Roasted Butternut
Squash with goats
cheese & Lentils (GF)**

**Carrot Batons
Broccoli florets
Fresh salad**

Apple Tart
With vanilla custard
Or Cake, cookie,
yoghurt or fruit.
Plus a water or
Radnor Splash 330ml
£2.50

TUESDAY

Chicken Tikka Masala
Served with basmati
rice, (GF) naan bread &
pickles

**Vegetable Balti with
served with rice (GF
&DF)**

**Sweetcorn
Kale
Fresh Salad**

**Chocolate sponge with
chocolate sauce.**
Or Cake, cookie,
yoghurt or fruit
Plus a water or Radnor
Splash 330ml
£2.50

WEDNESDAY

**Pot Roasted Honey
Glazed Gammon**
served with crispy
roast potatoes (GF
&DF)

**Vegetarian Bean Hot
Pot with herby crumbs**

**Braised red cabbage
Green beans
Fresh Salad**

**Citrus rice pudding
with berries**
Or Cake, cookie,
yoghurt or fruit
Plus a water or Radnor
Splash 330ml
£2.50

THURSDAY

**Minced Beef & onion
pie.**
Served with sauté
potatoes & gravy

**Vegetable stuffed
Pizza served with
sauté potatoes.**

**Garden Peas
Baked Courgettes
Fresh Salad**

Jam sponge & Custard
Or
Cake, cookie, yoghurt
or fruit
Plus a water or Radnor
splash 330ml
£2.50

FRIDAY

**Crisp battered
fillet of fish served with
home made tartare
sauce**

Quorn Cheese Burger

**Chunky chips
Mushy Peas
Roasted vegetable**

Ice Cream
Fresh Fruit Salad
Cake or cookie
Plus a water or Radnor
Splash 330ml
£2.50

MONDAY

Cottage Pie
Served with pickled
beetroot (GF)

Mac & Cheese
Served with garlic
bread

Broccoli Florets
Carrot Batons
Fresh Salad

**Twice Baked Apple &
Blackberry crumble**
served with custard

Or Cake, cookie,
yoghurt or fruit
Plus a water or Radnor
Splash 330ml
£2.50

TUESDAY

Salmon Florentine
served with fragrant
rice

**Vegetarian Meatballs in
tomato sauce. (GF
&DF)**

Garden Peas
Cauliflower
Fresh Salad

**Steamed Syrup
Pudding and custard.**

Or Cake, cookie,
yoghurt or fruit
Plus a water or Radnor
Splash 330ml
£2.50

WEDNESDAY

**Breast of turkey pot-
roasted in sweet
paprika served with
cranberry sauce and
gravy.(GF &DF)**

Aubergine Lasagne
Served with garlic
bread

Fresh Cabbage
Roast parsnips
Fresh salad

**Sticky toffee pudding
with caramel sauce &
cream**

Or Cake, cookie,
yoghurt or fruit
Plus a water or Radnor
Splash 330ml
£2.50

THURSDAY

Beef Lasagna
With garlic bread.

**Oriental Quorn
Noodles Stir Fry**

Sweetcorn
Green Beans
Fresh Salad

Fiery Ginger cake
Served with vanilla
sauce

Or Cake, cookie,
yoghurt or fruit
Plus a water or Radnor
Fruit 330ml
£2.50

FRIDAY

**Crisp battered
fillet of fish served with
home made tartare
sauce**

**Filled Roasted
peppers**

Chunky chips
Mushy peas
Roasted vegetables

Ice Cream
Fresh Fruit Salad
Cake or cookie
Plus a water or Radnor
Splash 330ml

£2.50



WEEK

Winter 2019

MONDAY

**Pizza Selection
Pasta and Toppings
Love Joes Chicken
Wraps**
From £1.82

**Jacket Potato Topped
with Hot and Cold fillings**
From £1.10

**Selection of Traditional &
Continental Breads
with Various Fillings.
Seasonal Salad Boxes**
From £1.00

**Fresh Fruit Selection
Yoghurt Pots
& Cold Drinks**
From 0.67p

**A selection of tasty,
fresh, home-baked cakes
and treats**
From 0.62p

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EAT
LEARN
LIVE

