

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 
 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 a Gluten Free Roll 
 Baked Beans Jacket Potato with Side Salad 
 Ice Cream Pots 

TUESDAY

Beef Burger in a bun 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 with Vegetables and Gravy 
 Vegan Quorn Sausage Toad in the Hole with Vegetables and Gravy 
 Cheddar Cheese & Cucumber Wrap with Nachos and 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

