with rich braised onion Grilled Quorn Sausage

Vegetable Quesadilla

Gravy

Carbohydrates

Wholemeal Penne

Pasta 🐺

Mashed Potato

Warm Lemon Cous-Cous

Wholemeal Penne

Pasta





21/11, 12/12 w/c- 29/08, 19/09, 10/10, 31/10,















Monday

Tuesday

Wednesday

Thursday

Friday

WORLD FOOD DAY

STREET FOOD DAY

ORIGINALS BAY

PLANET EARTH BAY

FRIBAY FAVOURITES

Sausage & Onion Gravy

Chilli Con Carne

Roast Chicken

Macaroni Cheese

Oven Baked Breaded Pollack

& Roasted Onion and Roasted Quorn Fillet Tomato Gravy

Shepherdess Pie

Falafel & Sweet Potato Hummus Salad Wrap

Roasted Potatoes or Wholemeal Penne Pasta

Dry Baked Wedges or Wholemeal Penne Pasta

Oven Baked Chips

Sweetcorn Broccoli

Baked Beans Garden Peas Mixed Salad

Mango Frozen Yoghurt Selection of Fruit Yoghurts

AVAILABLE DAILY: Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)

Desserts

Selection of Yoghurts

Selection of Yoghurts

Selection of Yoghurts

Selection of Yoghurts Fresh Fruit Wedges

Apple Shortbread

Peach Crumble and Ice Cream

Honey Krispie Cake

Chocolate and Kale

Brownie

Vegetables

Garden Peas

Roasted Peppers 🍩

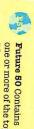
Garden Peas

Fresh Glazed Carrots

Savoy Cabbage 🎂

Mixed Salad

Broccoli











one or more of the top foods in the world! 50 most sustainable For allergen content please speak to member of staff who will be happy to assist Vegetarian 👸 Vegan







28/11















Monday

WORLD FOOD BAY

PLANET EARTH BAY

Tuesday

Wednesday

ORIGINALS BAY

STREET FOOD BAY

Thursday

Friday

FRIBAY FAVOURITES

Wholemeal Cheese &

Tomato Pizza

Roast Turkey

Pulled Chicken Burger

Oven Baked Breaded

Fish (Pollock)

MAIN 1

Pesto Chicken

Main 2

Oven baked vegan
Meatballs in a Tomato
Oregano Sauce

Oregano Sauce

Oven Baked Vegan

Spinach, Potato and

Chickpea Curry

Carbohydrates

Wholemeal Penne

Pasta

Spaghetti or

Garlic Bread, Braised

Roasted Potatoes or

Wholemeal Penne

Pasta 3

Penne Pasta

Vegetables

Roasted Vegetables

Coleslaw

Fresh Carrots and Swede

Garden Peas

Mixed Salad

8

Vegetarian Sausages

Quorn Sausage Pattie Burger

Vegetable Plait

Boiled White and Brown Rice or

Oven Baked Chips

Garden Peas Carrots

Broccoli Florets

Sweetcorn

Baked Beans

Bananas and Custard Selection of Yoghurts

AVAILABLE DAILY: Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)

Selection of Yoghurts

Selection of Yoghurts

Selection of Yoghurts

Chocolate Sponge &

Freshly Made Vanilla

Selection of Yoghurts

Chocolate Sauce

Custard

Apple Crumble and

Watermelon Lollies



Future 50 Contains one or more of the top 50 most sustainable foods in the world!



vegetarian





For allergen content please speak to member of staff who will be happy to assist

Organic









Main 2

Vegan Potato and White Bean Chilli

Southern Baked Quorn

Burger, Bun & Salad

MAIN 1

Mild Chicken Tikka

STREET FOOD BAY

w/c - 12/09, 03/10, 24/10, 14/11,





















Tuesday

Wednesday

Thursday

Friday

Monday

WORLD FOOD BAY

ORIGINALS BAY

PLANET EARTH BAY

FRIBAY FAYOURITES

Freshly Made Burger in

Roast Chicken

Cauliflower & Broccoli Crunchy Cheese Bake

Oven Baked Fish Fingers

Quorn Dippers



8

Wholemeal Pasta Bake Roasted Vegetable

Oven Baked Chips

Lentil Sausage Roll

Garlic and Parsley Bread or Penne Pasta

Roasted Peppers Garden Peas

Roasted Parsnips

8

Roasted Carrots

Baked Beans Garden Peas

Selection of Yoghurts Frozen Mango Sorbet

AVAILABLE DAILY: Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)

Desserts

Selection of Yoghurts

Selection of Yoghurts 👸

Raspberry Jelly

Chocolate Bread & Butter

Pudding

Selection of Yoghurts

Selection of Yoghurts Crumble & Ice Cream

Apple & Sultana

Fresh Oat and Lemon

Cookie

Vegetables

Green Beans

Roasted Sweetcorn

Broccoli Florets

Sweetcorn

Carbohydrates

Wholemeal Penne

Pasta

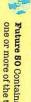
Braised Rice

Shredded Slaw, Salad &

Dressings

Roast Potatoes or

Penne Pasta



Future 50 Contains 50 most sustainable one or more of the top

foods in the world!

For allergen content please speak to member of staff who will be happy to assist









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