

**CLASSIC**  
MAIN MEAL

**VEGETARIAN**  
MAIN MEAL

**Plant Power**

**sweet treats**

**PICK N' MIX**  
DELI

**GRAB A ROLL**  
made fresh daily

all main courses  
are served with  
a salad and  
homemade breads

jelly, fruit  
and yoghurts  
available everyday

**MONDAY**

Creamy Tomato And  
Salmon Pasta

Cheese & Tomato  
Pizza, With Wedges

Sweetcorn

Strawberry Yoghurt  
With Strawberry  
Sauce

Ham Roll  
Cheese Roll

**TUESDAY**

Classic Beef Lasagna

Vegetarian Lasagna

Italian Vegetables

Original Flapjack

Chicken Roll  
Egg Mayonnaise Roll

**WEDNESDAY**

Roast Chicken  
& Gravy

Vegan Sausage Puff  
With & Gravy

Roast Potatoes &  
Seasonal Vegetables  
(Carrots, Swede And  
Leek)

Strawberry Jelly  
And Mandarins

Ham Roll  
Cheese Roll

**THURSDAY**

Creamy Chicken  
Korma With Mixed  
Rice

Baked Mac And  
Cheese

Tomato, Cucumber  
& Carrot Salad

Chocolate & Apple  
Sponge With Custard

Tuna Mayonnaise  
Roll  
Cheese Roll

**FRIDAY**

Fish Fingers & Chips

Vegan Vegetable  
Nuggets & Chips

Baked Beans

Vegan Shortbread

Ham Roll  
Tuna Mayonnaise  
Roll

we support British  
farmers by buying  
local produce

**AVAILABLE EVERYDAY**

Baked Potato

Served With Either  
Cheese, Tuna Mayo Or  
Baked Beans

**AVAILABLE EVERYDAY**

Freshly Cooked Pasta

Served with Cheese Sauce  
(Mon/Wed/Fri) Or Tomato  
Sauce (Tues/Thurs)

Key And Additional Information \*

\*Pork sausage casing is made from beef



Vegan



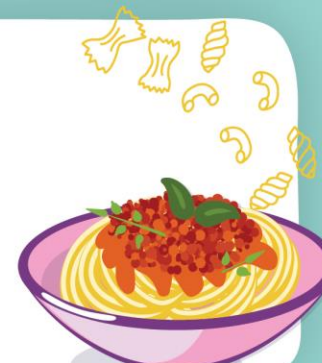
Dolphin Safe



MSC Certified



50-50 Wholemeal Pasta/  
Wholegrain Grain Rice



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MAIN MEAL

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**PICK N' MIX**  
DELI

all main courses are served with a salad and homemade breads

jelly, fruit and yoghurts available everyday

GRAB A ROLL made fresh daily

**MONDAY**

Pork Sausage, Mash And Gravy\*

Vegan Sausage, Mash And Gravy

Carrots & Peas

Chocolate Cookie

Ham Roll  
Cheese Roll

**TUESDAY**

Chicken & Tomato Pasta Bake

Cheesy Cauliflower Pasta Bake

Sweetcorn

Oaty Apple Crumble And Custard

Chicken Roll  
Egg Mayonnaise Roll

**WEDNESDAY**

Roast Turkey & Gravy

Roast Vegan Quorn Fillet With Gravy

Roast Potatoes & Seasonal Vegetables (Cauliflower, Leek And Carrots)

Strawberry Yoghurt With Strawberry Sauce

Ham Roll  
Cheese Roll

**THURSDAY**

Sticky Beef & Carrot Rice

Vegetable Stir Fry With Carrot Rice

Garden Peas And Broccoli

Banana Sponge & Custard

Tuna Mayonnaise Roll  
Cheese Roll

**FRIDAY**

Battered Fish & Chips

Margherita Wrap & Chips

Baked Beans

Orange Jelly

Egg Mayonnaise Roll  
Tuna Mayonnaise Roll

we support British farmers by buying local produce

**AVAILABLE EVERYDAY**

Baked Potato

Served with either Cheese, Tuna Mayo Or Baked Beans

**AVAILABLE EVERYDAY**

Freshly Cooked Pasta

Served with Cheese Sauce (Tues/Thurs) Or Tomato Sauce (Mon/Wed/Fri)

Key And Additional Information \*

\*Pork sausage casing is made from beef



Vegan



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50-50 Wholemeal pasta/wholegrain grain rice



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**PICK N' MIX**  
DELI

**MONDAY**

Vegetarian Chili Nacho Bake

all main courses are served with a salad and homemade breads

Margherita Pizza & Wedges



Sweetcorn

Strawberry Yoghurt With Strawberry Sauce

jelly, fruit and yoghurts available everyday

Ham Roll Cheese Roll

GRAB A ROLL made fresh daily

**TUESDAY**

Beef Bolognese Pasta

Vegan Bolognese Pasta



Broccoli

Autumn Fruit Pie And Custard

Chicken Roll Egg Mayonnaise Roll

**WEDNESDAY**

Roast Chicken & Gravy



Cheese, Leek And Potato Pie

Roast Potatoes & Seasonal Vegetables (Carrots, Swede And Leek)

Strawberry Jelly



Ham Roll Cheese Roll

**THURSDAY**

Sweet And Sour Chicken With Carrot Rice



Mixed Bean And Vegetable Wrap

Garden Peas

Chocolate Sponge And Chocolate Sauce

Tuna Mayonnaise Roll Cheese Roll

**FRIDAY**

Fish Fingers & Chips



Southern Style Quorn Burger & Chips

Baked Beans

Carrot Cake Cookie

Ham Roll Egg Mayonnaise Roll

we support British farmers by buying local produce



**AVAILABLE EVERYDAY**

Baked Potato

Served With Either Cheese, Tuna Mayo Or Baked Beans



**AVAILABLE EVERYDAY**

Freshly Cooked Pasta

Served with Cheese Sauce (Mon/Wed/Fri) Or Tomato Sauce (Tues/Thurs)



Key And Additional Information \*

\*Pork sausage casing is made from beef



Vegan



Dolphin Safe



MSC Certified



50-50 Wholemeal pasta/ wholegrain grain rice

# M Cucina Menu

## AVAILABLE EVERYDAY



jelly, fruit and yoghurts



pasta served with a sauce of the day



freshly baked jacket potato

## COLLECT OUR STICKERS!

When you try new foods and eat a variety of colourful fruits and veggies, you can collect our amazing "Good Eater" stickers.



## DID YOU KNOW?

Water makes up two thirds of our body. Water carries nutrients to cells, helps maintain body temperature and keeps your brain awake. We should always drink plenty of water as it's by far the healthiest drink!