

Week 1

Weeks commencing 04/11, 25/11, 16/12, 06/01, 27/01, 24/02, 17/03

MONDAY

Pasta Bolognese (1)(H)
with Garlic Bread (1)

Veggie Bolognese (6)(H)
with Garlic Bread (1)

Peas / Sweetcorn

Cookies (1,5,5,6)(H)

TUESDAY

Black Bean Chicken with
Broccoli (1,6)(H) and Rice

Sweet Chilli Quorn Stir Fry
(1,5,8,10)(H) with Noodles (1,6)

Peas / Sweetcorn

Apple & Cinnamon
Flapjack (1)(H)

WEDNESDAY

Chicken Tikka Masala (5)(H)
with Rice and Naan (1)

Cheese and Tomato
Pasta (1,5,8)(H) with
Garlic Bread (1)

Mixed Vegetables

Chocolate and Cranberry
Crunch (1,3)(H)

THURSDAY

Roast Beef (H)
with Roast Potatoes and
Yorkshire Pudding (1,3,5)

Cheese and Onion
Pasties (1,5,6,10)(H)

Peas / Carrots

Chocolate Tiffin (1,5,6)(H)

FRIDAY

Southern Fried Chicken
(1,3,5,8,10)(H) and Chips

Quorn Nuggets (1)(H)
and Chips

Beans / Salad / Coleslaw (3,5,10)
/ SF Gravy (1,6)

Ring Doughnut (1)(H)

**Jacket Potatoes with Various Fillings
(V/GF/DF/H) available everyday**

thrive
Catering



Healthier
Options 

Key:- V = Vegetarian, DF = Dairy Free, GF = Gluten Free, H = Halal, * May Contain

For Allergens see numbers in brackets next to each dish and refer to Allergens below.

- 1 GLUTEN 2 NUTS 3 EGG 4 SESAME
- 5 MILK 6 SOY 7 FISH 8 CELERY
- 9 CRUSTACEAN 10 MUSTARD 11 MOLLUSCS
- 12 LUPINS 13 PEANUTS 14 SULPHITE

Week 2

Weeks commencing 11/11, 02/12, 13/01, 03/02, 03/03, 24/03

MONDAY

Cottage Pie (5)(H)
Spicy Bean Burger
with Salad, Relish(1)(H)
and Wedges
Peas / Carrots
Cookies(1,5,5,6)(H)

TUESDAY

Beef Burrito (1,5,10)(H)
with Salsa / Sour Cream (5)
Veggie Chilli Nacho
Bake (5,6)(H)
Sweetcorn / Salad
Apple & Cinnamon
Flapjack (1)(H)

WEDNESDAY

Chicken Korma (5)(H)
with Rice and Naan (1)
Quorn Sweet Potato Curry
(3,5,10,14)(H) with Rice
and Garlic Bread (1)
Mixed Vegetables
Chocolate and
Cranberry Crunch (1,3)(H)

THURSDAY

Roast Turkey (H)
with New Potatoes
Quorn Roast (3,5)(H)
with New Potatoes
Carrots / Broccoli
Chocolate Tiffin (1,5,6)(H)

FRIDAY

Battered Chicken Nuggets
with Katsu Curry Sauce
(1,5,6,10,14)(H) and Chips
Katsu Quorn (1,10)(H)
and Chips
Salad & Coleslaw (3,5,10)
/ Baked Beans
Ring Doughnut (1)(H)

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Week 3

Weeks commencing 18/11, 09/12, 20/01, 10/02, 10/03, 31/03

MONDAY

Butchers Pork Sausage (1,14)
or Chicken Sausages (1,14)(H)
with Mashed Potatoes (5) and
Yorkshire Pudding (1,3,5)

Veggie Sausage (1)(H)
with Mashed Potatoes (5) and
Yorkshire Pudding (1,3,5)

Peas / Carrots

Cookies(1,5,5,6)(H)

TUESDAY

Meatballs in Tomato Sauce
(1,5,14)(H) with Pasta

Spinach & Sun Dried
Tomato Gnocchi (1,5)(H)
with Wedges

Salad / Sweetcorn

Apple & Cinnamon
Flapjack (1)(H)

WEDNESDAY

Beef Rogan Josh (H)
with Rice and Naan (1)

Sweet Potato and
Chickpea Dhansak (H)
with Rice and Naan (1)

Mixed Vegetables

Chocolate and Cranberry
Crunch (1,3)(H)

THURSDAY

Roast Chicken (H)
with Stuffing (1,5,8)
and Mashed Potatoes (5)

Vegan Fillet (1)(H)
and Mashed Potatoes (5)

Carrots / Cabbage

Chocolate Tiffin (1,5,6)(H)

FRIDAY

Battered Haddock (1,7)(H)
& Chips

Quorn Nuggets(1)(H) & Chips

Mushy Peas / Baked Beans
/ Curry Sauce

Ring Doughnut (1)(H)

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