



All dishes are served with seasonal vegetables

Brookwood

V - Suitable for Vegetarians.

Ve - Suitable for Vegans.

\* Desserts highlighted with an asterisk contain a minimum of 50% fruit.

All of our meat, poultry, cheese & milk is Red Tractor Farm Assured. We never use fish on the Marine Conservation Society 'fish to avoid' list.



## MENU WEEK 1

Week starting: 4 Nov | 25 Nov | 16 Dec  
20 Jan | 10 Feb | 9 Mar | 30 Mar

### MONDAY

#### BBQ chicken fillet with not so spicy rice

Seashell pasta pesto V

Help yourself salad bar

Melon sails\* Ve

### TUESDAY

#### Beef Enchilada with garlic bread

Veggie enchilada with garlic bread V

Seasonal vegetables V

Sweetcorn & peas

Fruit yoghurt selection V

### WEDNESDAY

#### Roast British chicken with sage & onion stuffing, roast potatoes & gravy

Squash-age roll with roast potatoes & gravy V

Seasonal vegetables

Oaty orange finger Ve

### THURSDAY

#### Veggie quarter pounder with potato wedges Ve

Macaroni cheese V

Eat as much as you like veg bar

Fresh fruit salad\* Ve

### FRIDAY

#### Breaded fish fillet with home fries

Veggie hotdog with home fries V

Baked beans & fresh carrot slaw

Chocolate & beetroot muffin with crème fraîche V

## MENU WEEK 2

Week starting: 11 Nov | 2 Dec | 6 Jan  
27 Jan | 24 Feb | 16 Mar

### MONDAY

#### Spaghetti beef meatballs

Veggie bean taco with savoury rice V

Seasonal vegetables

Broccoli florets & sweetcorn

Cheese 'n' crackers with apple slices\* V

### TUESDAY

#### Loaded vegetable pizza topped with slices of quorn frankfurter V

Lentil pasta Bolognese V

Eat as much as you like veg bar V

Banana loaf with custard V

### WEDNESDAY

#### Yorkshire pud filled with British beef & gravy with roast potatoes

Roasted vegetable filled Yorkshire pud with roast potatoes V

Seasonal vegetables

Fruit yoghurt selection V

### THURSDAY

#### Lincolnshire pork sausages with mashed potato & gravy

Veggie sausage roll with mashed potato & gravy V

Baked beans & garden peas

Chocolate & orange biscuit Ve with a glass of milk

### FRIDAY

#### Oven baked fish fingers & fries

Seashell pasta bake V

Baked beans & peas

Fresh fruit selection\* Ve

## MENU WEEK 3

Week starting: 18 Nov | 9 Dec | 13 Jan  
3 Feb | 2 Mar | 23 Mar

### MONDAY

#### Cheese & tomato pizza with herby diced potatoes V

Glamorgan sausage with herby diced potatoes V

Winter vegetable slaw & baked beans

Great balls of fruit\* Ve

### TUESDAY

#### Roast gammon with home fries

Vegan nuggets with home fries Ve

Baked beans & sweetcorn

Rainbow sponge with custard V

### WEDNESDAY

#### Roast British chicken with sage & onion stuffing, roast potatoes & gravy

Quorn fillet with sage & onion stuffing, roast potatoes & gravy V

Seasonal vegetables

Cheese 'n' crackers V

### THURSDAY

#### Build a burger with baked tortilla chips

Margherita pizza with garlic dough balls V

Seasonal vegetables

Fresh fruit with crème fraîche\* Ve

### FRIDAY

#### Fishwich with potato wedges

Vegetable fingers with potato wedges Ve

Seasonal vegetables

Apple crumble with custard V