





Love To Learn, The Malcolm Sargent Way





Week 1 29/10/2018 02/11/2018	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	Beefburger in a Bun Wedges Baked Beans Or Mixed Salad Coleslaw	Roasted Vegetable Pasta Bake Baked Beans Or Mixed Salad Coleslaw	Cheese Beans Ham	Cheese Sandwich Mixed Salad	Pomodoro	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	Italian Lasagne Garlic Bread Mixed Salad Coleslaw	Italian Baked Gnocchi Garlic Bread Mixed Salad Coleslaw	Beans Cheese	Egg Mayonnnaise Baguette Mixed Salad	Chicken Italiano	
Wednesday	Chicken Stir Fry & Noodles with Sesame Soy Dressing Seasonal Vegetables	Vegetable & Noodle Chow Mein with Sesame Soy Dressing Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Italian Meatballs	
Thursday	Roast Chicken Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Roast Quorn Fillet Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Basilico	
Friday 	Oven Baked White Fish Goujons Tomato Sauce Oven Baked Chips Baked Beans or Peas	Cheese and Tomato French Bread Pizza Tomato Sauce Oven Baked Chips Baked Beans or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Chinese Chicken Curry	



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WEEK 2 05/11/2018 09/11/2018	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	Macaroni Cheese Garlic Bread Seasonal Vegetables or Mixed Salad	Baked Tortilla Vegetable Lasagne Garlic Bread Seasonal Vegetables or Mixed Salad	Beans Cheese Ham	Cheese Sandwich Mixed Salads	Zingy Peppers	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	Southern Baked Chicken Fillet with BBQ Sauce Spicy Oven Wedges Baked Beans or Mixed Salads and Coleslaw	Southern Baked Halloumi Burger with BBQ Sauce in a Bun Spicy Oven Wedges Baked Beans or Mixed Salads and Coleslaw	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Italian Meatballs	
Wednesday	Sausage Mashed Potato Gravy Seasonal Vegetables	Glamorgan Sausage Mashed Potato Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Basilico	
Thursday	Mild Indian Chicken Curry Mango Chutney White & Brown Rice Mixed Salads	Mild Sweet Potato & Chickpea Curry Mango Chutney White & Brown Rice Mixed Salads	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Pomodoro	
Friday 	Oven Baked White Breaded Fish Tomato Sauce Oven Baked Chips Baked Beans or Peas	Cheese and Tomato Pizza Tomato Sauce Oven Baked Chips Baked Beans or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Italian Mushroom	



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WEEK 3 12/11/2018 16/11/2018	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	Cheese & Baked Bean Puff New Potatoes Seasonal Vegetables Or Mixed Salad	Spinach, Pea & Red Pepper Frittata New Potatoes Seasonal Vegetables Or Mixed Salad	Beans Cheese Ham	Cheese Sandwich Mixed Salads	Italian meatballs	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	Mexican Lightly Spiced Chilli Con Carne Tomato Salsa White & Brown Rice Mixed Salads	Vegetable & Bean Fajita Tomato Salsa White & Brown Rice Mixed Salads	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Cheese Sauce	
Wednesday	Roast Pork Roll Sage & Onion Stuffing Roast Potatoes Gravy Mixed Salads	Roast Quorn Bap Roast Potatoes Gravy Mixed Salads	Beans Cheese Ham	Ham Wrap Mixed Salads	Chicken Korma	
Thursday	Moroccan Shredded Chicken Pitta Warm Lemon & Sultana Cous Cous Mixed Salads	Moroccan Cauliflower & Chickpea Tagine Warm Lemon & Cous Cous Mixed Salads	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Pomodoro	
Friday	Sausage Roll Tomato Sauce Oven Baked Chips Baked Beans or Peas	BBQ Sweetcorn & Pepper Pizza Tomato Sauce Oven Baked Chips Baked Beans Or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Sweet Chilli Chicken	



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WEEK 4 19/11/2018 23/11/2018	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	Cottage Pie Seasonable Vegetables	Cheese & Broccoli Flan New Potatoes Seasonal Vegetables and/or Mixed Salad	Beans Cheese Ham	Cheese Sandwich	Smoky Pepperoni	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	BBQ Chicken Fillet White & Brown Rice Seasonal Vegetables or Mixed Salad	Mac and Cheese White & Brown Rice Seasonal Vegetables Or Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Cheeseburger Sauce	
Wednesday	Roast Gammon Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Roast Quorn Fillet Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Basilico	
Thursday	American Hot Dog Tomato Ketchup and Caramelised Onions Mixed Salads	Quorn Hot Dog Tomato Ketchup Caramelised Onions Mixed Salads	Beans Cheese Tuna	Tuna Sandwich	Bolognese	
Friday 	Salmon Fish Fingers Oven Baked Chips Baked Beans or Peas	Cheese & Tomato Pitta Bread Pizza Oven Baked Chips Baked Beans or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Pomodoro	



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WEEK 5 26/11/2018 30/11/2018	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	PACK UP DAY (Further information regarding this to follow)					
Tuesday	Italian Lasagne Garlic Bread Seasonal Vegetables or Mixed Salad	Italian Baked Gnocchi Garlic Bread Seasonal Vegetables or Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Chicken Italiano	Dessert of the day or Fresh Fruit or Yogurt
Wednesday	Chicken Stir Fry & Noodles with Sesame Soy Dressing Seasonal Vegetables or Mixed Salad	Vegetable & Noodle Chow Mein with Sesame Soy Dressing Seasonal Vegetables or Mixed Salad	Beans Cheese Ham	Ham Wrap Mixed Salads	Smoky Pepperoni	
Thursday	Roast Chicken Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Roast Quorn Fillet Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Basilico	
Friday 	Oven Baked White Fish Goujons Tomato Sauce Oven Baked Chips Baked Beans or Peas	Cheese and Tomato French Bread Pizza Tomato Sauce Oven Baked Chips Baked Beans or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Chinese Chicken Curry	



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WEEK 6 03/12/2018 07/12/2018	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	Macaroni Cheese Garlic Bread Seasonal Vegetables or Mixed Salad or Salad	Baked Tortilla Vegetable Lasagne Garlic Bread Seasonal Vegetables or Mixed Salad or Salad	Beans Cheese Ham	Cheese Sandwich Mixed Salads	Zingy Peppers	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	Southern Baked Chicken Fillet with BBQ Sauce Spicy Oven Wedges Baked Beans or Mixed Salads and Coleslaw	Southern Baked Halloumi Burger with BBQ Sauce in a Bun Spicy Oven Wedges Baked Beans or Mixed Salads and Coleslaw	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Italian Meatballs	
Wednesday	Sausage Mashed Potato Gravy Seasonal Vegetables	Glamorgan Sausage Mashed Potato Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Basilico	
Thursday	Mild Indian Chicken Curry Mango Chutney Boiled White & Brown Rice Mixed Salads	Mild Sweet Potato & Chickpea Curry Mango Chutney Boiled White & Brown Rice Mixed Salads	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Pomodoro	
Friday 	Oven Baked White Breaded Fish Tomato Sauce Oven Baked Chips Baked Beans or Peas	Cheese and Tomato Pizza Tomato Sauce Oven Baked Chips Baked Beans or Peas	Beans Cheese	Ham Sandwich	Italian Mushroom	

WEEK 7 10/12/2018 14/12/2018	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	Cheese & Baked Bean Puff New Potatoes Seasonal Vegetables or Mixed Salad	Spinach, Pea & Red Pepper Frittata New Potatoes Seasonal Vegetables or Mixed Salad	Beans Cheese Ham	Cheese Sandwich Mixed Salads	Italian Meatballs	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	Mexican Lightly Spiced Chilli Con Carne Tomato Salsa White & Brown Rice Mixed Salads	Vegetable & Bean Fajita Tomato Salsa White & Brown Rice Mixed Salads	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Cheeseburger Sauce	
Wednesday	Roast Pork Roll with Sage and Onion Stuffing Roast Potatoes Dipping Gravy Seasonal Vegetables	Roast Quorn Bap Sage and Onion Stuffing Roast Potatoes Dipping Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salad	Chicken Korma	
Thursday	Moroccan Shredded Chicken Pitta Warm Lemon & Sultana Cous Cous Mixed Salads	Moroccan Cauliflower & Chickpea Tagine Warm Lemon & Sultana Cous Cous Mixed Salads	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Pomodoro	
Friday 	Fish Fingers Tomato Sauce Oven Chips Baked Beans or Peas	Cheese and Tomato Pizza Tomato Sauce Oven Chips Baked Beans Or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Sweet Chilli Chicken	



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WEEK 8 17/12/2018 20/12/2018	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	Cottage Pie Seasonable Vegetables	Cheese & Broccoli Flan New Potatoes Seasonal Vegetables and/or Mixed Salad	Beans Cheese Ham	Cheese Sandwich	Sweet Chilli Chicken	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	BBQ Chicken Fillet White & Brown Rice Seasonal Vegetables or Mixed Salad	Mac and Cheese White & Brown Rice Seasonal Vegetables or Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Pomodoro	
Wednesday CHRISTMAS LUNCH	Roast Turkey Pigs in Blankets Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Roast Quorn Fillet Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	N/A	N/A	N/A	
Thursday	American Hot Dog Tomato Ketchup and Caramelised Onions Baked Beans Or Mixed Salad	Quorn Hot Dog Tomato Ketchup Caramelised Onions Baked Beans Or Mixed Salad	Beans Cheese Tuna	Tuna Sandwich Mixed Salad	N/A	
Friday	INSET DAY					