

Week one

23/08 18/09 09/10 30/10 20/11 11/12

Jacket Potatoes are available every day with a choice of fillings.

Monday

Choose a main meal...

*Pork Sausages
Vegetarian Sausages ✓
Jacket Potato with a choice of Spaghetti Hoops & Cheese or Cheese

on the side...

Mashed Potatoes
Baked Beans

for dessert...

Muesli Flapjack



Week two

04/09 25/09 16/10 06/11 27/11 18/12

If you don't fancy dessert, you can always enjoy fresh fruit or yoghurt.

Tuesday

Choose a main meal...

Minced Beef, Onion & Potato Pie
Vegetarian Meatballs in Tomato Sauce with Pasta ✓
Jacket Potato with a choice of Beans, Cheese or Tuna Mayo

on the side...

Seasonal Vegetables

for dessert...

Dorset Apple Sponge with Custard

Choose a main meal...

Chinese Chicken Pizza on Wholemeal Base
Quorn Fillet ✓
Jacket Potato with a choice of Spaghetti Hoops & Cheese or Cheese

on the side...

Jacket Wedges
Baked Beans

for dessert...

Strawberry Muffin



Week three

11/09 02/10 13/11 04/12

Wednesday

Choose a main meal...

Roast Chicken with Roast Potatoes & Gravy
Vegetable Hot Pot ✓
Jacket Potato with a choice of Beans or Cheese

on the side...

Seasonal Vegetables

for dessert...

Muller Yoghurt

Choose a main meal...

Roast Turkey with Mashed Potatoes & Gravy
Quorn & Vegetable Pie ✓
Jacket Potato with a choice of Beans or Cheese

on the side...

Seasonal Vegetables

for dessert...

Muller Yoghurt

Choose a main meal...

Roast Beef & Gravy
Roast Quorn with Gravy ✓
Jacket Potato with a choice of Beans or Cheese

on the side...

New Potatoes

Seasonal Vegetables

for dessert...

Custard Pot

Thursday

Choose a main meal...

Mild Chicken Tikka Masala with Rice
Cheese & Tomato Pizza on Wholemeal Base ✓
Jacket Potato with a choice of Beans, Cheese or Salmon & Tuna Mayo

on the side...

Seasonal Vegetables

for dessert...

Iced Carrot Cake

Choose a main meal...

Italian Beef Meatballs in Tomato Sauce with Rice
Cheese & Tomato Pizza on Wholemeal Base ✓
Jacket Potato with a choice of Beans, Cheese or Tuna Mayo

on the side...

Seasonal Vegetables

for dessert...

Apple Crumble with Custard

Choose a main meal...

BBQ Chicken Topped with Cheese with Rice
Cheese & Tomato Pizza on Wholemeal Base ✓
Jacket Potato with a choice of Beans, Cheese or Tuna Mayo

on the side...

Seasonal Vegetables

for dessert...

Apple & Blackcurrant Crumble with Custard

Friday

Choose a main meal...

Fish Fingers
Omelette ✓
Jacket Potato with a choice of Spaghetti Hoops & Cheese or Cheese

on the side...

Diced Potatoes

Seasonal Vegetables

for dessert...

Mixed Fruit Crumble with Custard

Choose a main meal...

Smartcrumb Fish Cake
Vegetables Nuggets ✓
Jacket Potato with a choice of Beans or Cheese

on the side...

Oven Chips

Seasonal Vegetables

for dessert...

Lemon Drizzle Cake

Choose a main meal...

Smartcrumb Fish Fillet
Quorn Burger ✓
Jacket Potato with a choice of Spaghetti Hoops & Cheese or Cheese

on the side...

Diced Potatoes

Seasonal Vegetables

for dessert...

St Clements Cake

All of our bread is baked fresh every day
We have a fresh salad bar available daily
Although our menus are nut free (excluding coconut) we cannot guarantee against airborne traces. Please call our customer services line for more information

* = Pork Product ✓ = Vegetarian

SPECIAL DAYS 5TH OCTOBER - UNDER THE SEA 5TH-15TH DECEMBER - CHRISTMAS LUNCH (Please see order form for date)



There is a vegetarian choice every day... and don't forget that salad is available daily.

Keep yourself topped up with water - it will help you concentrate all day long.



Barry

Barry the Beans packs a mighty protein punch! He's a real bodybuilder, using his muscle power to help build the team's energy and spirit.



Bud 'n' Jud

Bud 'n' Jud the Spuds are big, but they're bursting with energy thanks to their carbohydrate super-power. When there's hard physical work ahead, Bud 'n' Jud are raring to go!



Silvertop

Silvertop's super-charged calcium levels give him his super-strong bones. Our heroes can always rely on him during their adventures.



Brains

Packed full of iron to help growing minds work better, Brains the Broccoll is always on the ball to hatch perfect plans for the team.



Meet the

Food Super Heroes

Menu

Hydra

Hydra is always working hard to fight off evil toxins that stop the team from performing at their best. She never rests, rarely makes mistakes and her powers of concentration are immense!



Who is your favourite?

The Pasta Pack

The Pasta Pack are an unruly bunch, each with their own unique personality. Their wholegrain powers make them passionate with strong hearts, and they'll stop at nothing to defend the team.



Boss

The leader of the team, Boss the Banana's fibre helps keep everything running smoothly. When our team gets stuck, the Boss is always around to get things moving again.



Doc

Doc the Kiwi knows just what the team needs to keep on top of its game. She helps our heroes stay healthy by boosting their immune systems and preventing illness.



Casey

Casey the Carrot's superhero levels of vitamins keep her eyes sharp... even in the dark! She's always looking out for the team.



For all meal enquiries please contact Chartwells on Grimsby 01472 342272 or grimsby.hub@compass-group.co.uk

COOMB BRIGGS PRIMARY