

# WEEK 1

## BRINDISHE GREEN

SPRING 2023

**radish**  
IT'S ALL GOOD



Week Commencing:  
02/01/23, 23/01/23,  
20/02/23, 13/03/23



**Option 1**

**Option 2** V  
Vegetarian

**Option 3**

**Vegetables**

**Dessert**

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Option 1	Sweet Potato and Pepper Frittata served with New Potatoes	Chinese Chicken Noodles	Roast Turkey served with Roast Potatoes and Gravy	Organic Cottage Pie topped with Root Vegetable Mash	Breaded Pollock served with Chips
Option 2 <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">V</span>	Macaroni Cheese <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">V</span>	Vegetable and Bean Jambalaya (Ve) <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">V</span>	Roast Quorn served with Roast Potatoes and Gravy <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">V</span>	Veggie Cottage Pie <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">V</span>	Vegetable Fingers served with Chips (Ve) <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">V</span>
Option 3	Tomato and Basil Pasta (Ve)	Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw	Mushroom Carbonara	Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw	Neapolitan Pasta (Ve)
Vegetables	Broccoli Carrots	Carrots Garden Peas	Steamed Cabbage Green Beans	Carrots Sweetcorn	Garden Peas Baked Beans
Dessert	Homemade Hob Nob (Ve)	Fruit Jelly (Ve)	Fruit Salad (Ve)	Apple and Cinnamon Sponge	Ice Cream

MEAT FREE MONDAYS

NO ADDED SUGAR WEDNESDAY



FRESHLY BAKED BREAD, SALAD BAR, YOGHURT AND FRESH FRUIT ARE AVAILABLE DAILY



# WEEK 2 BRINDISHE GREEN

SPRING 2023

**radish**  
IT'S ALL GOOD



Week Commencing:  
09/01/23, 30/01/23  
27/02/23, 20/03/23



**Option 1**

**Option 2** V  
Vegetarian

**Option 3**

**Vegetables**

**Dessert**

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
<b>Option 1</b>	Lentil and Squash Tagine served with Rice or Nachos and Sour Cream	Organic Beef Bolognaise served with Pasta	Chicken Sausages served with Mashed Potato and Gravy	Chicken Tikka Masala served with Steamed Rice	Fish Fingers or Salmon Fish Fingers served with Chips
<b>Option 2</b> <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">V</span>	Vegetarian Chilli (Ve) served with Rice or Nachos and Sour Cream	Winter Vegetable Ragu served with Pasta (Ve)	Veggie Sausages (Ve) served with Mashed Potato and Gravy	Spinach, Sweet Potato and Lentil Dahl served with Steamed Rice (Ve)	BBQ Bean Burrito served with Chips
<b>Option 3</b>	Macaroni Cheese	Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw	Broccoli Pesto Pasta (Ve)	Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw	Tomato and Basil Pasta (Ve)
<b>Vegetables</b>	Green Beans Carrots	Sweetcorn Broccoli	Roasted Root Vegetables Cauliflower	Carrots Sweetcorn	Garden Peas Baked Beans
<b>Dessert</b>	Shortbread (Ve)	Chocolate and Beetroot Brownie	Fruit Salad (Ve)	Apple Crumble (Ve) with Custard	Lemon Drizzle Cookie (Ve)

MEAT FREE MONDAYS

NO ADDED SUGAR WEDNESDAY



FRESHLY BAKED BREAD, SALAD BAR, YOGHURT AND FRESH FRUIT ARE AVAILABLE DAILY



# WEEK 3 BRINDISHE GREEN

SPRING 2023

**radish**  
IT'S ALL GOOD



Week Commencing:  
16/01/23, 06/02/23  
06/03/23, 27/03/23



**Option 1**

**Option 2** V  
Vegetarian

**Option 3**

**Vegetables**

**Dessert**

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
<b>Option 1</b>	Katsu Vegetable Noodles	Cajun Chicken Pizza served with Potato Wedges	Roast Chicken and Root Vegetable Traybake served with Roast Potatoes	Organic Beef Chilli Con Carne served with Savoury Rice	Breaded Pollock served with Chips
<b>Option 2</b> <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">V</span>	Vegetable Enchilada <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">V</span>	Cheese and Tomato Pizza served with Potato Wedges <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">V</span>	Roast Quorn served with Roast Potatoes and Gravy <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">V</span>	Vegetable Bolognese served with Savoury Rice (Ve) <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">V</span>	Veggie Sausage Hot Dog served with Chips (Ve) <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">V</span>
<b>Option 3</b>	Classic Ratatouille with Spaghetti (Ve)	Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw	Tomato and Spinach Pasta (Ve)	Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw	Cheesy Tomato Pasta
<b>Vegetables</b>	Broccoli Sweetcorn	Carrots Garden Peas	Steamed Cabbage Sweetcorn	Green Beans Carrots	Garden Peas Baked Beans
<b>Dessert</b>	Flapjack (Ve)	Chocolate Orange Sponge with Chocolate Custard	Fruit Salad (Ve)	Carrot Cake	Raspberry Jelly (Ve)

MEAT FREE MONDAYS

NO ADDED SUGAR WEDNESDAY



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