

Zest WWS Menu September 2021 - December 2021

Key (V) Vegetarian (HM) Homemade (GF) Gluten Free (DF) Dairy Free (Ve) Vegan

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Week Commencing: 06.9/27.9/18.10/15.11/06.12					
Main Course Choices	Meat Free Monday <u>Pasta Bar</u> Homemade 7 Veg Tomato Sauce (GF)(DF)(Ve) Or Creamy Cheesy Sauce (GF Pasta Available)	'Futura' Beef Burger in a Floured Bap Or 'Futura' Vegetable Burger in a Floured Bap (V)	Roast Pork (GF)(DF) With Stuffing Or 2 x Quorn Sausages (V)	Homemade Chicken Korma (DF)(GF)(HM) Or Sweet Potato & Chickpea Stew (DF)(GF)(Ve)	Young's Golden Jumbo Fish Finger Or Cheese Pinwheel (HM)(V) (GF Fish Fingers Available)
Side Dishes	Garlic Bread & Sweetcorn	Herby Diced Potatoes & Garden Peas	Roast Potatoes, Seasonal Vegetables & Gravy	Naan Bread Finger, Basmati Rice & Green Beans	Chipped Potatoes & Baked Beans
Grab 'n' Go	Jacket Potato with Various Toppings	Ham & Cheese Panini	Pork & Stuffing Roll	Louisiana Chicken Burger	Sausage & Chip Box
Dessert of the Day	Marble Cake (V)	Sticky Toffee Pudding (HM)(V)	Chocolate Mousse (V)(GF)	Cornflake Tart With Custard (HM)(V)	Freshly Baked Cookie (HM)(V)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Week Commencing: 13.9/04.10/1.11/22.11/13.12					
Main Course Choices	Meat Free Monday <u>Noodle Bar</u> Egg Noodles served with a Sweet & Sour Sauce Or Chinese Style Sauce	Chicken Enchilada & Fresh Tomato Salsa (DF)(GF) Or Mild Mixed Bean Chilli (HM)(DF)(GF)(Ve)	Pork Sausages x 2 (DF) Or Crispy Red Lentil Fingers (HM)(DF)(V)	Pasta Bolognese (HM)(DF) Or Veggie Lasagne (HM)(V)	Battered Fish Fillet Or Cheese Omelette (V) (GF Fish Fingers Available)
Side Dishes	Mixed Vegetables	Vegetable Rice	Mash Potatoes, Peas & Onion Gravy	Served with Garlic Bread	Chipped Potatoes & Baked Beans
Grab 'n' Go	Jacket Potato with Various Toppings	Beef Burger in a Bap	Hot Dog	Chilli Beef Burrito	Fish & Chip Box
Dessert of the Day	Apple Pie & Custard (HM)(V)	Blueberry Muffin (HM)(V)	Strawberry Whip (V)(GF)	Chocolate Crunch with Pink Custard (HM)(V)	Flapjack (HM)(V)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Week Commencing: 20.9/11.10/08.11/29.11					
Main Course Choices Our Eggs are Cage Free!	Meat Free Monday <u>Pizza Bar</u> Plain Margarita Or Roasted Vegetables (GF/DF Available)	Cottage Pie (HM)(GF)(DF) Or Quorn Dippers (V)	Roast Chicken (GF)(DF) & Stuffing Or Homemade Vegetable Parcel (DF)(HM)(V)	Sausage Plait (HM) Or Vegetable Nuggets (Ve)	Fish Fingers Or Spicy Bean Burger (DF)(Ve) (GF Fish Fingers Available)
Side Dishes	Potato Wedges & Sweetcorn	Mashed Potatoes & Broccoli	Roast Potatoes, Gravy, Seasonal Vegetables	Mashed Potatoes & Green Beans	Chipped Potatoes & Baked Beans
Grab 'n' Go	Jacket Potato with Various Toppings	Chicago Town Pizza Slice	Chicken & Stuffing Baguette	Meatball Sub	Sausage & Chip Box
Dessert of the Day	Lemon Muffin (V)	Chocolate Sponge & Chocolate Sauce	Fruit Crumble & Custard (HM)(V)	Orange Drizzle Iced Carrot Cake (HM)(V)	Shortbread Finger (HM)(V)

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