Lunch menu

Solihull Catering Services
nurture, through nutrition

Fresh Cook Menu - Week 1

Running w/c: 02.11.26, 23.11.26, 14.12.26, 18.01.27, 08.02.27, 08.03.27

Monday	Tuesday	Wednesday	Thursday	Friday
Mains Pork & Leek meatballs in rich gravy Meat-free meatballs in rich gravy	**Mains** Loaded meaty chilli potato wedges & grated cheese Tomato pasta bake	**Mains** Classic roast chicken dinner Comforting cheese pie	**Mains** All day breakfast with a succulent pork sausage or Vegan Quorn sausage Served with fluffy scrambled eggs & golden hashbrown	**Mains** Crispy mini cod fish fillet Classic cheese & tomato pizza
Sides Fluffy mashed potatoes, carrots & peas	**Sides** Corn cobettes & broccoli	**Sides** Roast potatoes, carrots & green beans	**Sides** Baked beans and roasted tomato	**Sides** Chips, sweetcorn & baked beans
Dessert Jim jam chocolate brownie	**Dessert** Cherry shortbread	**Dessert** Dorset apple cake and custard	**Dessert** American pancakes with fruit compote	**Dessert** Strawberry ice cream tub

Available Daily: Seasonal Salads. Alternate Offer Baked Potato Bar or Packed Lunch. Fruit platter or yoghurt.

Seafood with this mark comes from an MSC certified sustainable fishery. wwwww.msc.org

Lunch menu

Solihull Catering Services
nurture, through nutrition

Fresh Cook Menu - Week 2

Running w/c: 09.11.26, 30.11.26, 04.01.27, 25.01.27, 22.02.27, 15.03.27

Monday	Tuesday	Wednesday	Thursday	Friday
Mains Beef grills in a soft burger bun Vegan Quorn sausage stack	**Mains** Chicken, broccoli and pasta bake Sweet potato curry with rice and naan bread	**Mains** Roast gammon Succulent meat-free mini-Quorn vegan fillet	**Mains** Slow cooked British chipolata sausage casserole with fluffy mashed potato Hearty Plant-Based "Bolognese with spaghetti	**Mains** Cod fish fingers Classic cheese & tomato pizza
Sides Herb diced potatoes and mixed vegetables	**Sides** Peas & carrots	**Sides** Garlic and herb new potatoes, cauliflower & broccoli	**Sides** Savoy cabbage & baby carrots	**Sides** Chips and baked beans
Dessert Jam drop biscuit	**Dessert** Fruit muffin	**Dessert** Chocolate concrete and custard	**Dessert** Raspberry ripple frozen mousse	**Dessert** Orange shortbread

Available Daily: Seasonal Salads. Alternate Offer Baked Potato Bar or Packed Lunch. Fruit platter or yoghurt.

Seafood with this mark comes from an MSC certified sustainable fishery. wwwww.msc.org

Lunch menu

Solihull Catering Services
nurture, through nutrition

Fresh Cook Menu - Week 3

Running w/c: 16.11.26, 07.12.26, 11.01.27, 01.02.27, 01.03.27, 22.03.27

Monday	Tuesday	Wednesday	Thursday	Friday
Mains Rich beef bolognaise with spaghetti Homemade vegan sausage roll with Quorn sausage	**Mains** Chicken curry, rice & homemade naan bread Fluffy oven baked omelette muffins	**Mains** Rustic meaty cottage pie Creamy macaroni cheese	**Mains** Homemade golden pork sausage roll Meat-free lasagne with garlic bread	**Mains** Salmon fishfinger Ham pizza Classic cheese & tomato pizza
Sides Potato smiles and sweetcorn	**Sides** Potato wedges & roasted vegetable medley	**Sides** Broccoli and carrots	**Sides** Mini potato waffles and sweetcorn and peas	**Sides** Chips, peas, spaghetti hoops
Dessert Rice crispy cake	**Dessert** Waffles with winter compote	**Dessert** Chocolate surprise cake with custard	**Dessert** Raspberry jelly with fruit cocktail	**Dessert** Friday fairy cake

Available Daily: Seasonal Salads. Alternate Offer Baked Potato Bar or Packed Lunch. Fruit platter or yoghurt.

Seafood with this mark comes from an MSC certified sustainable fishery. wwwww.msc.org