



# The Health Hub



**Week 1**  
**AUTUMN**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main**

Bacon Macaroni & Cheese  
Garlic Bread  
Peas and Sweetcorn

Pepperoni Pizza  
Sliced Potatoes  
Seasonal Veg

Roast Chicken  
Served With  
Roast Potatoes,  
Fresh Seasonal  
Vegetables and  
Gravy

Spaghetti  
Bolognaise  
Carrots &  
Broccoli

Chicken  
Nuggets  
& Chips  
Served With  
Beans or Peas

**Vegetarian  
Option**

Cheese & Tomato  
Pasta  
Garlic Bread  
Peas & Sweetcorn

Margherita Pizza  
Sliced Potatoes  
Seasonal Veg

Quorn Roast  
Served With  
Roast Potatoes,  
Fresh Vegetables  
& Gravy

Quorn Bolognaise  
Carrots &  
Broccoli

Cheese and  
Bean Wrap  
Served With  
Chips and Beans  
or Peas

**Daily**



Jacket Potato with Filling  
Sandwich/Roll/Wrap: Ham, Tuna or Cheese  
Fresh Bread, Salad,  
Fruit, Milk & Yoghurt



**Pudding**

Iced Shortbread  
& Fruit

Apple Muffin and  
Toffee Sauce

Donuts

Chocolate Sponge  
& Custard

Crispy Cookie  
and Magic Milk  
Shake