



**Hi! I'm Andy Apple!**  
Additional choices available throughout the week include jacket potatoes with a selection of fillings, crusty bread, and a selection of salads and fresh fruit.

# WILSONJONES

*Simply Fresh*



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### WEEK 1 Commencing

31st October  
21st November  
12th December  
16th January  
6th February  
6th March  
27th March

Sweet Chilli Chicken Pizza

Cheese & Tomato Pizza

Homemade Potato Wedges  
Baked Beans - Mini Corn Cob

Chocolate Brownie  
with Vanilla Ice Cream

Sticky Chicken

Glazed Quorn Fillets

Plain Rice or Egg Noodles  
Roasted Carrots - Broccoli

Orange Sponge & Custard

Roast Chicken,  
Yorkshire Pudding & Gravy

Vegetable Wellington  
& Gravy

Roasted New Potatoes  
Sweetcorn - Garden Peas

Tropical Fruit Jelly

Shepherd's Pie

Tomato, Cheese, & Spinach  
Pasta

Green Beans - Cauliflower

Banana Sponge  
with Toffee Sauce

Crispy Baked  
Fish Fingers

Veggie Nuggets

Chips  
Baked Beans - Garden Peas

Cinnamon Sweet Swirl

### WEEK 2 Commencing

7th November  
28th November  
2nd January  
23rd January  
20th February  
13th March

BBQ Chicken Burger

Veggie Cheeseburger

Roasted New Potatoes  
Sweetcorn - Coleslaw

Chocolate Ice Cream Sponge  
Roll with Cream

Chicken Curry

Chickpea & Potato Curry

Plain Rice - Naan Bread  
Steamed Veggies

Banana Cake & Custard

Roast Pork, Sage & Onion  
Stuffing, Homemade Roast  
Potatoes with Gravy

Vegetable Cottage Pie  
Topped with Mashed Potato

Carrots - Roasted Cauliflower

Mandarin Jelly

Beef Lasagne

Macaroni Cheese

Garlic & Herb Slice  
Sweetcorn - Broccoli

Raspberry Flapjack

Crispy Baked  
Breaded Fish

Spicy Veggie Puff

Chips  
Baked Beans - Garden Peas

Berry Cheesecake

### WEEK 3 Commencing

14th November  
5th December  
9th January  
30th January  
27th February  
6th March  
20th March

Chef's Special Chicken Pizza

BBQ Veggie Pizza

Homemade Potato Wedges  
Baked Beans - Broccoli

Chocolate Chip Cake

Pork Sausages  
& Gravy

Vegetarian Sausage  
& Gravy

Mashed Potatoes  
Carrots - Garden Peas

Apple Tart  
with Vanilla Sauce

Roast Chicken, Yorkshire  
Pudding & Gravy

Quorn Fillet,  
Sage & Onion Stuffing  
with Gravy

Homemade Roast Potatoes  
Broccoli - Glazed Parsnips

Very Berry Jelly

Chicken Pasta

Veggie Lasagne

Homemade Cheesy Garlic Bread  
Sweetcorn - Green Beans

Chocolate Cake  
with Chocolate Sauce

Crispy Baked  
Fish Fingers

Quorn Fishless Fingers

Chips  
Baked Beans - Garden Peas

Apple & Cinnamon  
Oatmeal Cookies



If you have any questions or queries, please give us a call at 0208 090 1275 Alternatively you can email us at [admin@wjcatering.co.uk](mailto:admin@wjcatering.co.uk)