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diwali day



TUESDAY 10 NOVEMBER

PLEASE SEE MENU BOARDS FOR DETAILS

WE ONLY USE

FRESH UK BEEF | FRESH UK PORK | FREE RANGE EGGS | LOCAL FRUIT & VEG | WHOLEMEAL PASTA

fresh ingredients fresh food

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CHILDREN IN NEED DAY



FRIDAY 13 NOVEMBER

PLEASE SEE MENU BOARDS FOR DETAILS

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Christmas Lunch



MENU

Traditional Roast Turkey with Chipolata and Yorkshire Pudding (1, 7, 8, 9)

Roasted Vegetable Parcel (1)

Roast Potatoes, Fresh Carrots, Garden Peas with Gravy

Santa Selection of Desserts

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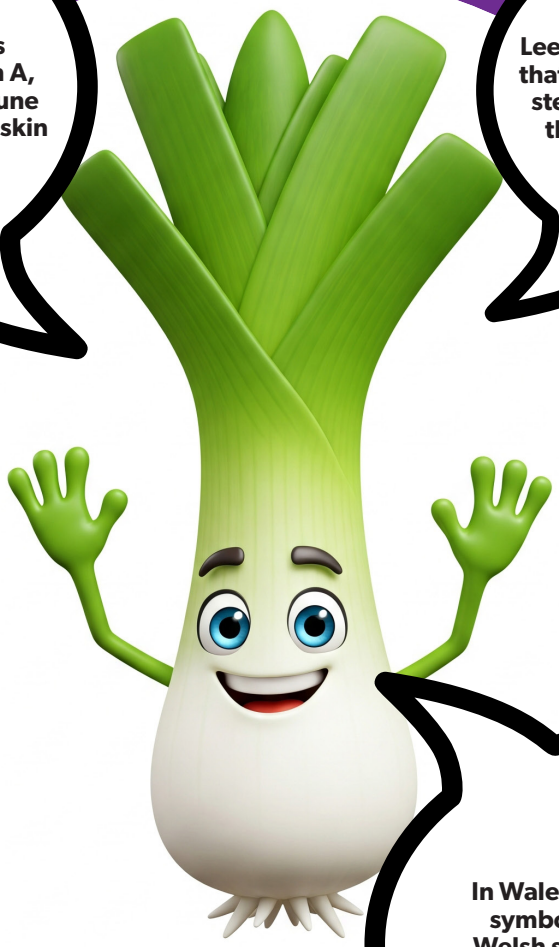
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THIS MONTH, IT'S ALL ABOUT LEEKS

Simple, Seasonal, Sensational!

Did you know?
Just one medium leek provides around 30% of your daily vitamin A, which is vital for eye health, immune support, and maintaining healthy skin

Why we love them
Leeks have a mild, sweet flavour that beautifully enhances soups, stews, and casseroles, making them a comforting favourite in winter recipes



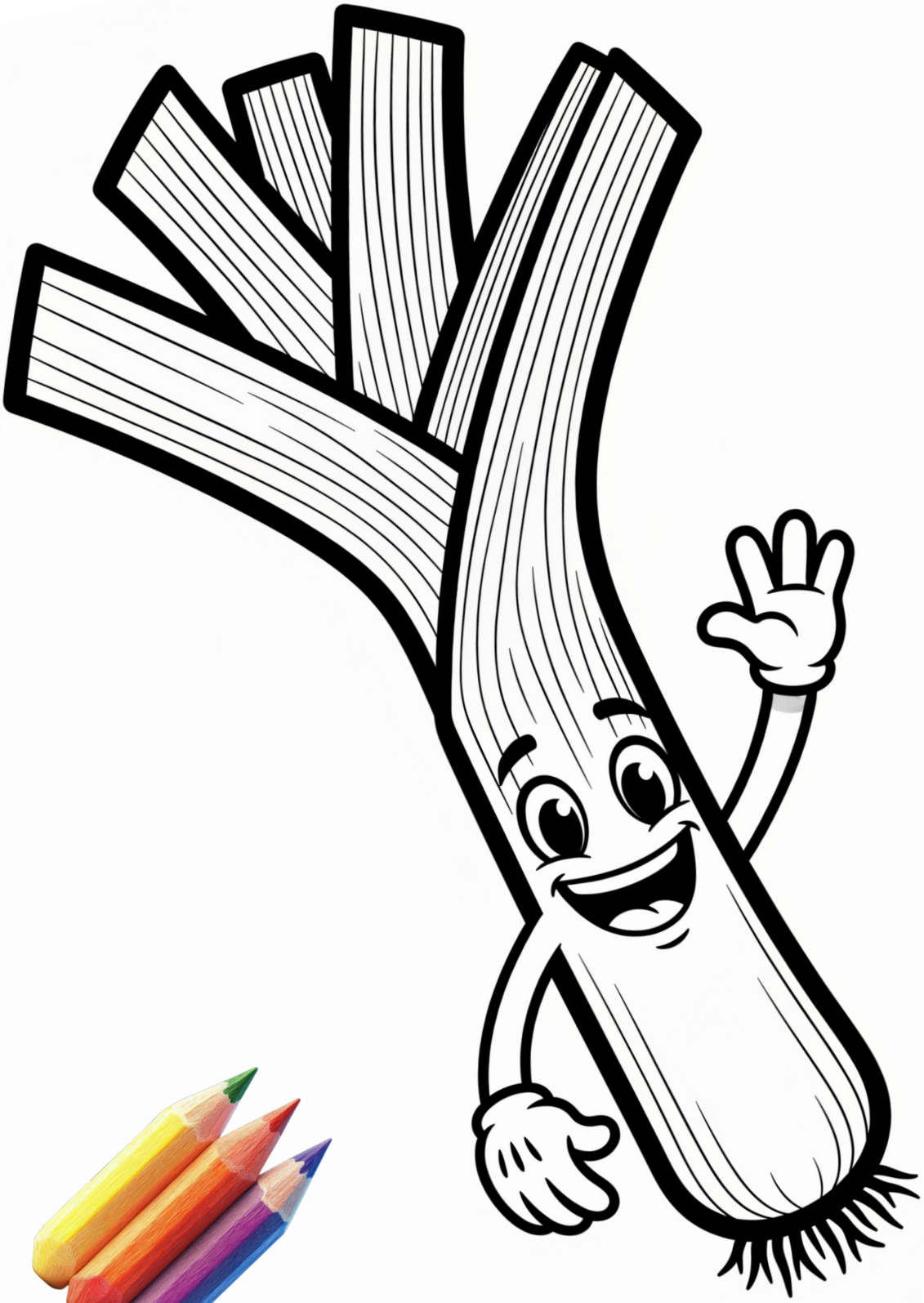
Fun fact
In Wales, leeks are a national symbol - legend says that Welsh soldiers wore leeks in their helmets to distinguish themselves in battle!

TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS' FAVOURITE TASTY LEEK RECIPES!

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RECIPE

LEEK AND POTATO SOUP

INGREDIENTS

- Leeks (sliced) - 375g
- Potatoes (peeled and chopped) - 500g
- Onions (chopped) - ¾ onion
- Vegetable stock - 750ml
- Olive oil - 25ml
- Salt and pepper - to taste
- Milk (optional) - 75ml

METHOD

1. In a large pan, heat oil and soften leeks and onions for 10 minutes.
2. Add potatoes and stock, bring to a boil, then simmer for 25 minutes.
3. Blend until smooth. Stir in milk if using, season, and serve warm.

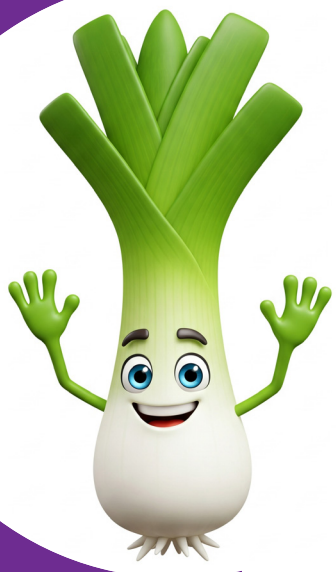
CHEESY LEEK AND PASTA BAKE

INGREDIENTS

- Pasta - 375g
- Leeks (sliced) - 300g
- Cheddar cheese (grated) - 200g
- Milk - 375ml
- Plain flour - 37.5g (2½ tbsp)
- Butter - 37.5g (2½ tbsp)

METHOD

1. Cook pasta until al dente, drain and set aside.
2. In a pan, melt butter, stir in flour to make a roux. Gradually add milk to form a sauce.
3. Add cheese and stir until melted.
4. Sauté leeks in a little oil until soft, then mix with pasta and cheese sauce.
5. Transfer to trays and bake at 180°C for 20 minutes.



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RECIPE

LEEK AND SWEETCORN FRITTERS

INGREDIENTS

- Leeks (finely chopped) - 250g
- Sweetcorn - 300g
- Eggs - 1½ (use 2 small or 1 large plus a little extra milk if needed)
- Plain flour - 100g
- Milk - 75ml
- Baking powder - ½ tsp
- Oil - for frying

METHOD

1. Mix flour, baking powder, eggs, and milk to form a thick batter.
2. Stir in leeks and sweetcorn.
3. Fry spoonfuls of mixture in oil over medium heat until golden and cooked through.
4. Serve warm with a yoghurt dip.

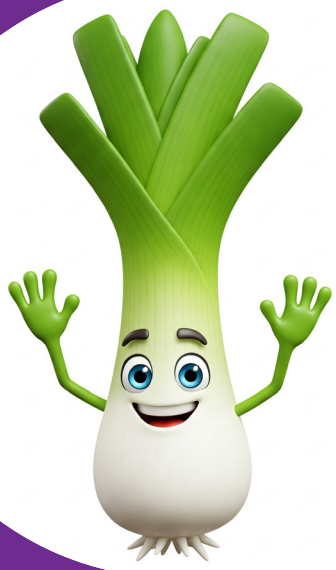
LEEK AND CHEESE SCONES

INGREDIENTS

- Self-raising flour - 250g
- Butter - 62.5g
- Grated cheese - 100g
- Leeks (softened) - 125g
- Milk - 125ml
- Mustard powder - ¼ tbsp (optional)

METHOD

1. Preheat oven to 200°C. Rub butter into flour to form crumbs.
2. Stir in cheese, leeks, and mustard if using.
3. Add milk gradually to form a dough. Roll and cut into 20 scones.
4. Bake for 15-20 minutes until golden and risen.



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RECIPE

LEEK AND LENTIL STEW

INGREDIENTS

- Leeks (sliced) - 250g
- Carrots (chopped) - 250g
- Red lentils - 200g
- Tinned tomatoes - 200g (½ tin)
- Vegetable stock - 625ml
- Garlic - 1 clove
- Olive oil - 25ml

METHOD

1. In a large pot, heat oil and sauté leeks, garlic, and carrots.
2. Add lentils, tomatoes, and stock. Bring to a boil, then simmer for 30-35 minutes.
3. Serve with bread for a hearty lunch.

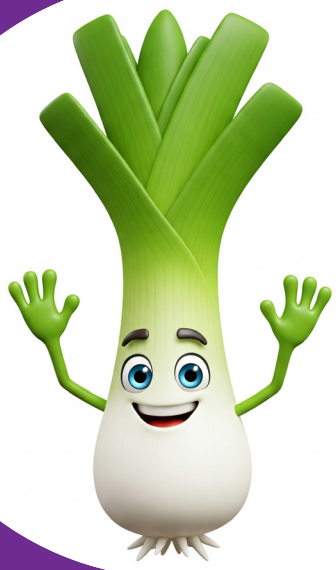
MINI LEEK QUICHES

INGREDIENTS

- Shortcrust pastry - 500g
- Leeks (softened) - 200g
- Eggs - 2½ (use 2 eggs plus a little extra milk or use 3 small eggs)
- Milk - 200ml
- Grated cheese - 100g

METHOD

1. Preheat oven to 180°C. Line 20 muffin tins or small tart cases with pastry.
2. In each case, add softened leeks and a sprinkle of cheese.
3. Beat eggs with milk, pour into cases.
4. Bake for 20-25 minutes until golden and set.



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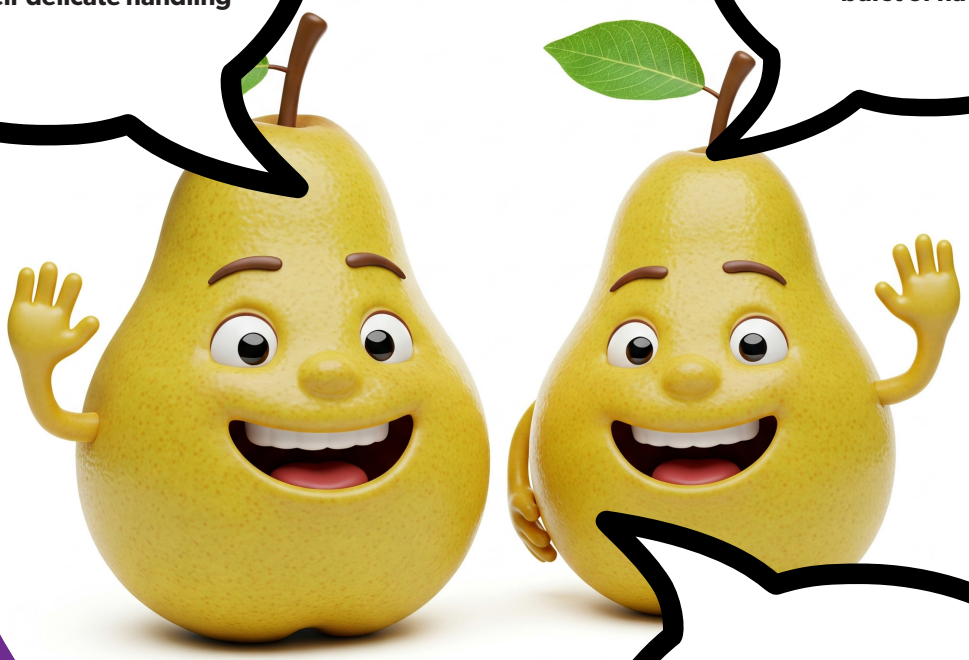
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THIS MONTH, IT'S ALL ABOUT PEARS

Simple, Seasonal, Sensational!

Did you know?
Pears ripen from the inside out, which means they can feel firm on the outside even when they're ripe inside - making it a bit tricky to judge ripeness, but also a fun fact that explains their delicate handling

Why we love them
Pears are naturally sweet and juicy, making them a perfect addition to both desserts and fresh salads for a refreshing burst of flavour



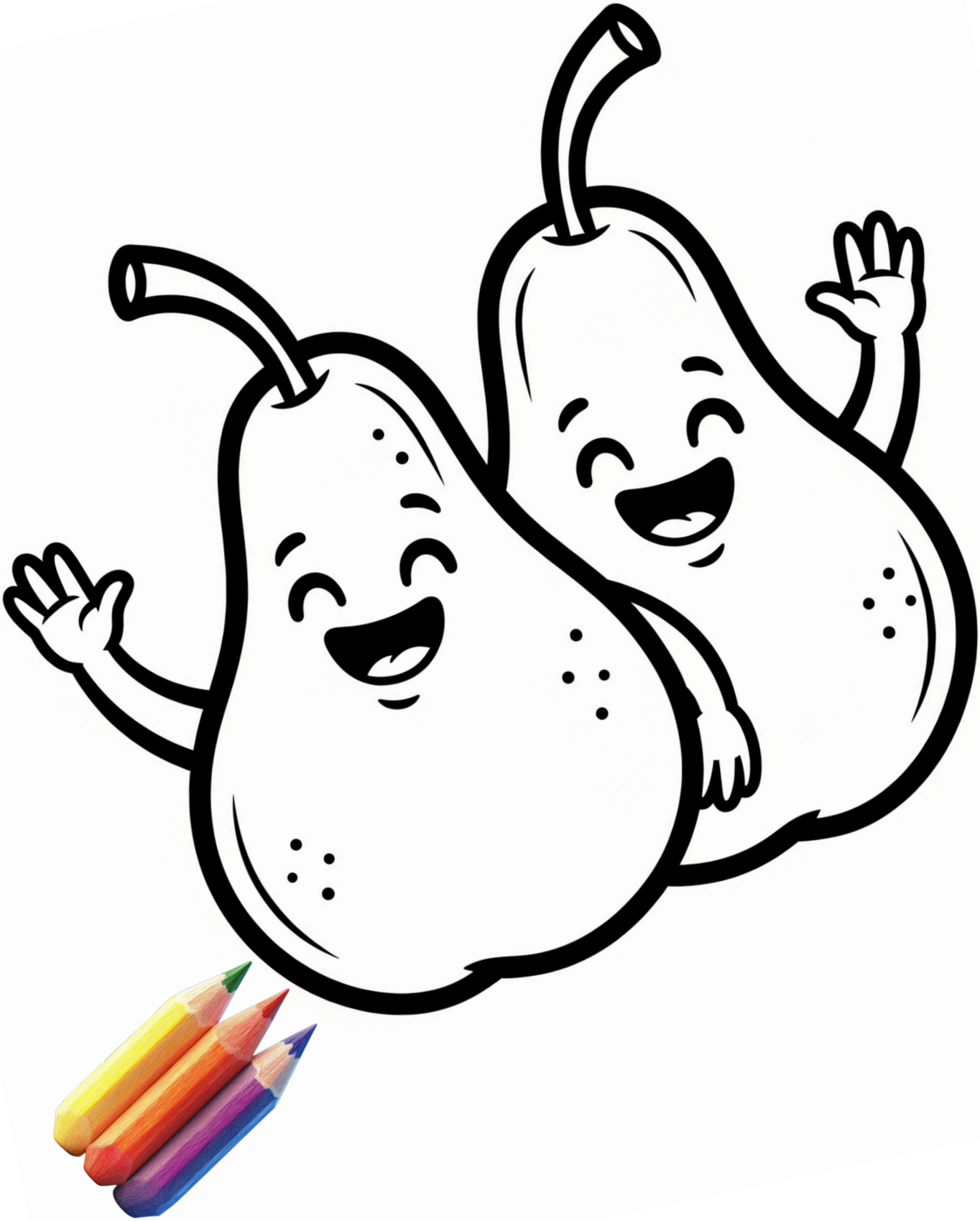
Fun fact
The world's heaviest pear weighed over 3 pounds (1.8 kg) and set a Guinness World Record in Japan in 2011!

TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS' FAVOURITE TASTY PEAR RECIPES!

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RECIPE

PEAR AND BANANA OAT MUFFINS

INGREDIENTS

- Ripe pears (peeled and grated) - 1¼
- Bananas (mashed) - 1¼
- Plain flour - 100g
- Rolled oats - 50g
- Eggs - 1
- Milk - 75ml
- Baking powder - ½ tbsp
- Brown sugar - 37g
- Vegetable oil - 50ml

METHOD

1. Preheat oven to 180°C. Line 5 muffin cases.
2. Mix dry ingredients in one bowl.
3. Mix wet ingredients with pears and bananas in another.
4. Combine both mixtures.
5. Spoon into cases and bake 20-25 minutes until golden.

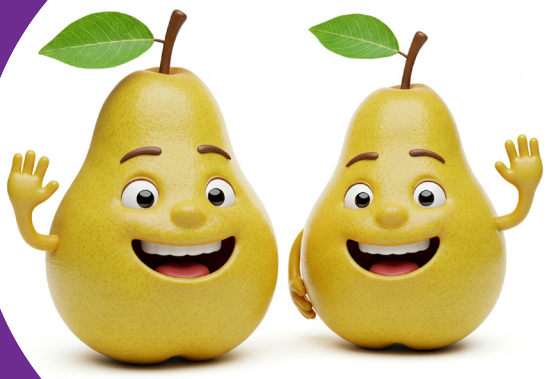
PEAR AND CHEESE WRAPS

INGREDIENTS

- Soft tortilla wraps - 5
- Ripe pears (thinly sliced) - 1¼
- Grated cheddar - 125g
- Cream cheese - 75g

METHOD

1. Spread cream cheese over wraps.
2. Ripe pears (thinly sliced) - 1¼
3. Grated cheddar - 125g
4. Cream cheese - 75g



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RECIPE

PEAR CRUMBLE POTS

INGREDIENTS

- Ripe pears - 625g
- Brown sugar - 50g
- Plain flour - 150g
- Butter - 75g
- Rolled oats - 50g
- Cinnamon - ½ tsp

METHOD

1. Preheat oven to 180°C.
2. Cook pears with 25g sugar and cinnamon.
3. Rub butter into flour, stir in oats and remaining sugar.
4. Divide pears into 5 small pots and top with crumble.
5. Bake for 20 mins until golden.

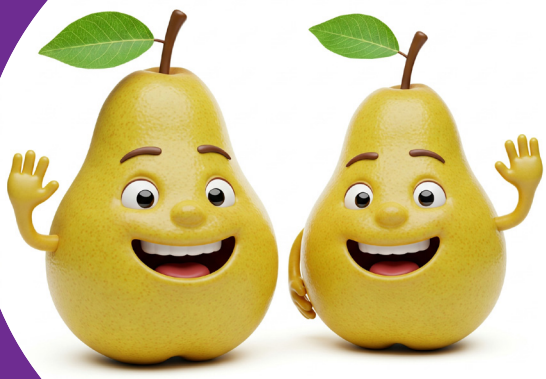
PEAR AND CARROT SALAD POTS

INGREDIENTS

- Pears (grated) - 2
- Carrots (grated) - 2½
- Raisins - 75g
- Lemon juice - 25ml
- Greek yoghurt - 100ml
- Honey - 1 tbsp

METHOD

1. Mix pears, carrots, and raisins in a bowl.
2. In a separate bowl, combine yoghurt, lemon juice, and honey.
3. Mix everything together and portion into 5 small cups.



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RECIPE

BAKED PEAR SLICES WITH CINNAMON

INGREDIENTS

- Pears (sliced) - 5
- Honey - 1 tbsp
- Cinnamon - ½ tsp
- Olive oil - ½ tbsp

METHOD

1. Preheat oven to 180°C.
2. Arrange pear slices on baking tray.
3. Drizzle with honey and oil, sprinkle with cinnamon.
4. Bake 15-20 mins until soft and golden. Serve warm or cool.

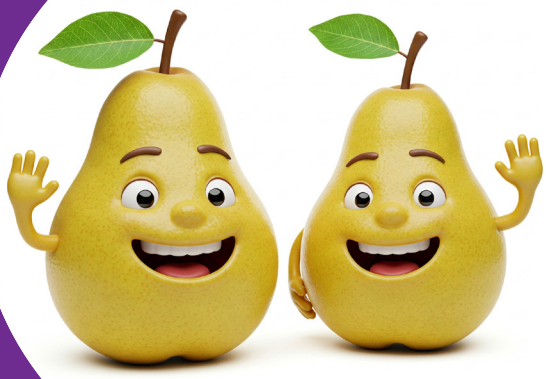
MINI PEAR UPSIDE-DOWN CAKES

INGREDIENTS

- Pears (sliced) - 1¼
- Butter - 75g
- Caster sugar - 75g
- Eggs - 1½ (use 1 large + 1 yolk or beat 2 and use ¾)
- Self-raising flour - 100
- Vanilla extract - ½ tsp
- Golden syrup - 50ml

METHOD

1. Preheat oven to 180°C. Grease and line 5 muffin tins.
2. Add 1 tsp syrup to each tin, top with a pear slice.
3. Cream butter and sugar. Beat in eggs and vanilla.
4. Fold in flour. Spoon batter over pears.
5. Bake 20-25 minutes. Cool slightly before turning out.



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