

# Week 1

WEEK COMMENCING: 22ND APR / 13TH MAY / 10TH JUN / 1ST JUL / 22ND JUL / 16TH SEP / 7TH OCT

## MONDAY

Pork Sausage & Gravy with Herby Wedges



Thai Vegetable Noodles



Nut-free Pesto Pasta

Sweetcorn Peas

Lemon Drizzle Cake

## TUESDAY

BBQ Beef Burrito



Mediterranean Frittata

Jacket Potato & Cheese

Green Beans Mixed Salad

Orange Jelly & Mandarins

## WEDNESDAY

Roasted Beef & Gravy with Roasted Potatoes



Macaroni Cheese

Jacket Potato & Baked Beans

Carrots Broccoli

Strawberry Frozen Yoghurt

## THURSDAY

Meat Feast Pizza



Margherita Pizza

Honey & Ginger Soya Strips with Rice

Roasted Mediterranean Veg Sweetcorn

Pear & Chocolate Sponge with Ice-cream

## FRIDAY

Fish Fingers with Chips or Wedges



Cheese & Broccoli Flan

Kheema Lamb Penne Pasta

Peas Baked Beans

Pancakes & Mixed Berries

# Week 2

WEEK COMMENCING: 29TH APR / 20TH MAY / 17TH JUN / 8TH JUL / 2ND SEP / 23RD SEP / 14TH OCT

## MONDAY

Vegetable Chow Mein

Quorn Sausage in half a Baguette

Vegetable & Chickpea Jambalaya

Mexican Corn Green Beans

Peach Upside-down Sponge

## TUESDAY

Beef Pasta Bolognese



Cheese & Tomato Pin-wheel

Tuna Salad

Vegetable Medley

Chocolate Tiffin

## WEDNESDAY

Roasted Chicken Breast & Gravy with Roasted Potatoes



Macaroni Cheese

Jacket Potato & Baked Beans

Carrots Broccoli

Strawberry Jelly with Peaches

## THURSDAY

BBQ Chicken Pizza

Margherita Pizza

Salmon & Broccoli Penne Pasta

Sweetcorn Cauliflower

Frozen Toffee Yoghurt

## FRIDAY

Golden Breaded Fish with Chips or Wedges



Quorn Paella

Jacket Potato & Cheese

Peas Baked Beans

Vanilla Ice-cream

# Week 3

WEEK COMMENCING: 6TH MAY / 3RD JUN / 24TH JUN / 15TH JUL / 9TH SEP / 30TH SEP / 21ST OCT

## MONDAY

Sausage in half a Baguette

Neapolitan Bean Pasta

Cream Cheese & Cucumber Wrap

Mexican Sweetcorn Peas

Apple Strudel with Vanilla Ice Cream

## TUESDAY

Sweet & Sour Chicken with Rice

Macaroni Cheese

Jacket Potato & Cheese

Green Beans Carrots

Ginger & Lemon Cheesecake

## WEDNESDAY

Roasted Gammon with Gravy

Chickpea Tagine with Cous Cous

Cheese & Tomato Melt

White Cabbage Mixed Veg Medley

Lemon & Courgette Cake

## THURSDAY

Spicy Beef Pizza

Margherita Pizza

Jacket Potato & Beans

Sweetcorn Coleslaw

Pineapple Upside-down Cake

## FRIDAY

Fish Fingers with Chips or Wedges

Quorn Vegetable Stir Fry

Chickpea & Vegetable Spicy Rice

Peas Baked Beans

Chocolate Crispy Cake

**Menu** Organic Flour Organic Beef Mince Organic Milk Vegetarian **Key:** Organic Pasta Free Range Chicken 50% Fruit MSC Fish

# The Guide to Goodness



Many of our homemade desserts contain at least 50% fruit!



The fish we serve is from well-managed and sustainable fisheries.



Over 75% of our dishes are made fresh on site today from fresh ingredients.



We use wholegrain flour and serve wholemeal bread.



Where possible we use ingredients sourced from local producers.