

# Week 1

WEEK COMMENCING: 22ND APR, 13TH MAY, 3RD JUNE, 24TH JUNE, 15TH JULY, 2ND SEPT, 23RD SEPT, 14TH OCT

## MONDAY

- Pork Sausage & Gravy with Mash Potato
- Vegetable Chow Mein with Egg Noodles
- Jacket Potato with Baked Beans
- Spicy Chickpea and Mixed Vegetable Rice
- Peas
- Carrots
- Apple Crumble with Custard

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## TUESDAY

- Beef Bolognese with Penne Pasta
- Falafel Pitta with Salad
- Jacket Potato with Coleslaw
- Beef Burrito
- Broccoli Cauliflower
- Carrot Cake

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## WEDNESDAY

- Roast Gammon with Gravy and Roast Potatoes
- Quorn Toad in the Hole Roast Potatoes
- Jacket Potato with Baked Beans
- Roast Gammon Baguette with Caramelised Onions
- Green Beans
- Carrots
- Chocolate & Vanilla Mousse Tubs

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## THURSDAY

- Meat Feast Pizza
- Margherita Pizza
- Jacket Potato with Tuna Mayo
- Spicy Beef and Pepper Calzone
- Sweetcorn
- Red Cabbage
- Fruit Berry Compote

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## FRIDAY

- Fish Fingers and Chips 
- Cheese, Potato & Red Onion Frittata with Chips
- Jacket Potato with Cheese
- BBQ Chicken in a Bun with Salad
- Peas
- Baked Beans
- Chocolate Cracknell

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# Week 2

WEEK COMMENCING: 29TH APR, 20TH MAY, 10TH JUNE, 1ST JULY, 9TH SEPT, 30TH SEPT, 21ST OCT

## MONDAY

- Beef Burger in a Bun
- Lentil & Sweet Potato Curry Rice
- Jacket Potato with Tuna Mayo
- Singapore Chicken Noodles
- Carrots
- Veg Medley
- Pineapple Upside Down Sponge

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## TUESDAY

- Garlic & Lemon Chicken with Rice
- Macaroni Cheese
- Jacket Potato with Baked Beans
- Chicken Quesadilla
- Mixed Peas, Sweetcorn & Carrots
- Green Beans
- Orange Jelly with Mandarins

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## WEDNESDAY

- Roast Pork Loin with Gravy and Roast Potatoes
- Cheese & Tomato Pinwheel with Salad
- Jacket Potato with Coleslaw
- Roast Pork Baguette with Caramelised Onions
- Carrots
- Cabbage
- Vanilla Cheesecake

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## THURSDAY

- Spicy Beef Pizza
- Margherita Pizza
- Jacket Potato with Baked Beans
- Roasted Vegetable & Basil Calzone
- Sweetcorn
- Green Beans
- Apple & Banana Cake

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## FRIDAY

- Fish Fingers with Chips 
- Quorn Hot Dog in a Roll with Chips
- Jacket Potato with Cheese
- BBQ Pulled Pork Baguette with Caramelised Onions
- Peas
- Baked Beans
- Fruity Flapjack

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# Week 3

WEEK COMMENCING: 6TH MAY, 17TH JUNE, 8TH JULY, 16TH SEPT, 7TH OCT

## MONDAY

- BBQ Pork and Rice
- Vegetable and Lentil Bolognese with Rice
- Jacket Potato with Baked Beans
- Cheese, Potato & Red Onion Frittata with Salad
- Peas
- Sweetcorn
- Chocolate Muffin

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## TUESDAY

- Pork Sausage, Mash and Gravy
- Roasted Vegetable Lasagne
- Jacket Potato with Coleslaw
- Chicken Fajita
- Cauliflower
- Green Beans
- Eve's Pudding

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## WEDNESDAY

- Roast Turkey with Gravy and Roast Potatoes
- Chickpea Vegetable Balti and Rice
- Jacket Potato with Tuna Mayo
- Roast Turkey, Stuffing and Cranberry Sauce Baguette
- Carrots
- Red Cabbage & Sultanas
- Lemon Shortbread

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## THURSDAY


- Chicken & Sweetcorn Pizza
- Margherita pizza
- Jacket Potato with Salmon Mayo
- Cheese, Tomato & Basil Pasty with Pasta
- Sweetcorn
- Fruity Coleslaw
- Apple & Berry Crumble with Custard

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## FRIDAY

- Fish Fingers with Chips 
- Tomato & Herb Puff with Chips
- Jacket Potato with Cheese
- Fish Finger Bap with Salad
- Baked Beans
- Peas
- Oat and Sultana Biscuit

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# 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.

