

# Week 1

WEEK COMMENCING: 22ND APRIL, 13TH MAY, 10TH JUNE, 1ST JULY, 22ND JULY, 16TH SEPT, 7TH OCT.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Keema Curry & Rice	Pork Sausage and Mash	Roast Pork Loin with Roast Potato & Gravy	Margarita Pizza & Jacket Wedges	Battered Fish or Fish Fingers with Chips 
Macaroni Cheese 	Quorn Sausage and Mash 	Roasted Soya Strips with Roast Potato and Gravy 	Cheese & Tomato Penne Pasta 	Cheese & Broccoli Quiche 
Peas & Cauliflower	Jacket Potato with cheese / baked beans / tuna mayo / coleslaw	Jacket Potato with cheese / baked beans / tuna mayo / coleslaw	Jacket Potato with cheese / baked beans / tuna mayo / coleslaw	Peas & Baked Beans
Apple & Berry Crumble with Custard	Sweetcorn & Broccoli	Carrots & Green Beans	Roasted Mediterranean Vegetables & Sweetcorn	Oat & Sultana Biscuit
Fruit / Yoghurt / Cheese & Crackers	Fruit / Yoghurt / Cheese & Crackers	Fruit / Yoghurt / Cheese & Crackers	Fruit / Yoghurt / Cheese & Crackers	Fruit / Yoghurt / Cheese & Crackers

# Week 2

WEEK COMMENCING: 29TH APRIL, 20TH MAY, 17TH JUNE, 8TH JULY, 2ND SEPT, 23RD SEPT, 14TH OCT.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(Organic) Beef Pasta Bolognese	Chicken & Sweetcorn Pie with Crushed Potatoes	Roast Turkey with Roast Potatoes and Gravy	Quorn Sausage Feast Pizza with Jacket Wedges	Salmon or White Fish Fingers with Chips 
Rainbow Frittata with New Potatoes 	Cheese & Tomato Penne Pasta 	Vegetable Chilli with Rice 	Cheese & Tomato Penne Pasta 	Tomato & Basil Puff 
Jacket Potato with cheese / baked beans / tuna mayo / coleslaw	Green Beans & Cauliflower	Peas & Roasted Root Vegetables	Jacket Potato with cheese / baked beans / tuna mayo / coleslaw	Peas & Beans
Carrots & Vegetable Medley	Lemon & Courgette Muffin	Fruity Flapjack	Sweetcorn & Green Cabbage	Pear & Chocolate Sponge with Custard
Apple Crumble & Custard	Fruit / Yoghurt / Cheese & Crackers	Fruit / Yoghurt / Cheese & Crackers	Fruit / Yoghurt / Cheese & Crackers	Fruit / Yoghurt / Cheese & Crackers

# Week 3

WEEK COMMENCING: 6TH MAY, 3RD JUNE, 24TH JUNE, 15TH JULY, 9TH SEPT, 30TH SEPT.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Chicken with Rice	Beef Lasagne	Roast Chicken served with Roast Potatoes and Gravy	Margarita Pizza with Jacket Wedges	Fish Fingers with Chips 
Quorn and Vegetable Stir Fry with Rice 	Cheese, Potato & Red Onion Frittata with New Potatoes 	Mixed Vegetable and Butterbean Ragu with Roast Potatoes 	Quorn Penne Pasta Bolognese 	Cheese & Tomato Pinwheel 
Jacket Potato with cheese / baked beans / tuna mayo / coleslaw	Broccoli & Roasted Mediterranean Vegetables	Jacket Potato with cheese / baked beans / tuna mayo / coleslaw	Jacket Potato with cheese / baked beans / tuna mayo / coleslaw	Peas & Baked Beans
Carrots & Green Beans	Frozen Toffee Yoghurt	Carrots & Green Cabbage	Sweetcorn & Cauliflower	Chocolate Cracknel
Apple & Banana Cake with Custard	Fruit / Yoghurt / Cheese & Crackers	Rice Pudding with Peaches	Orange Jelly & Mandarins	Fruit / Yoghurt / Cheese & Crackers
Fruit / Yoghurt / Cheese & Crackers	Fruit / Yoghurt / Cheese & Crackers	Fruit / Yoghurt / Cheese & Crackers	Fruit / Yoghurt / Cheese & Crackers	Fruit / Yoghurt / Cheese & Crackers

## 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.