

# Week 1

WEEK COMMENCING: 17TH APR / 8TH MAY / 29TH MAY / 19TH JUNE / 10TH JULY / 4TH SEPT / 25TH SEPT / 16TH OCT

## MONDAY

Chicken Hot Dog with Onions  
Vegetable & Lentil Bolognese with Pasta  
Jacket Potato & Coleslaw  
Peas  
Sweetcorn  
Fruity Flapjack

## TUESDAY

Beef Bolognese with Pasta  
Mixed Vegetable & Chickpea Stir Fry with Rice  
Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo  
Fruity Coleslaw  
Roasted Vegetables  
Apple & Cinnamon Sponge with Custard

## WEDNESDAY

Roast Chicken Breast with Roast Potatoes & Gravy  
Roast Soya Fillet Strips with Roast Potatoes & Gravy  
Jacket Potato & Baked Beans  
Carrots  
Green Vegetable Medley  
Strawberry Jelly & Vanilla Ice Cream

## THURSDAY

Oriental Sticky Salmon Wrap  
Margherita Pizza  
Jacket Potato & Cheese  
Mixed Bean Salad  
Sweetcorn  
Chocolate Pear Pudding & Custard

## FRIDAY

Fish Fingers & Chips  
Vegetable Cheese Burger & Chips  
Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo  
Baked Beans  
Peas  
Oat Dream Cookie

# Week 2

WEEK COMMENCING: 24TH APR / 15TH MAY / 5TH JUNE / 26TH JUNE / 17TH JULY / 11TH SEPT / 2ND OCT

## MONDAY

Tuna Pasta Bake  
Vegetable Chow Mein  
Jacket Potato & Coleslaw  
Broccoli  
Mixed Vegetables  
Frozen Toffee Yoghurt

## TUESDAY

Cottage Pie  
Macaroni Cheese  
Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo  
Carrots  
Peas  
Chocolate Cookie

## WEDNESDAY

Roast Turkey with Roast Potatoes & Gravy  
Vegetable & Butterbean Gratin with Roast Potatoes  
Jacket Potato & Baked Beans  
Green Beans  
Honey Roasted Root Vegetables  
Pineapple Upside Down Sponge

## THURSDAY

BBQ Chicken Pizza  
Margherita Pizza  
Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo  
Mixed Green Salad  
Sweetcorn  
Strawberry Jelly & Mandarins

## FRIDAY

Fish Fingers & Chips  
Sticky Vegetarian Sausages & Chips  
Jacket Potato with Vegetable Bean Chilli  
Baked Beans  
Peas  
Chocolate Sponge with Chocolate Custard

# Week 3

WEEK COMMENCING: 1ST MAY / 22ND MAY / 12TH JUNE / 3RD JULY / 24TH JULY / 18TH SEPT / 9TH OCT

## MONDAY

Chicken Fajitas  
Cheese & Tomato Spaghetti  
Jacket Potato & Coleslaw  
Green Vegetable Medley  
Iced Bun

## TUESDAY

Tuna & Sweetcorn Potato Boats  
Margherita Pizza  
Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo  
Cauliflower  
Peas  
Orange Shortbread

## WEDNESDAY

Roast Gammon with Roast Potatoes & Gravy  
Vegetarian Sausage with Roast Potatoes & Gravy  
Jacket Potato & Baked Beans  
Carrots  
Leeks & Green Beans  
Fruit Salad & Honey Yoghurt

## THURSDAY

Chicken Sausages with Baked Jacket Wedges  
Mexican Rice Wrap  
Jacket Potato with Vegetable & Chickpea Curry  
Grilled Tomatoes  
Sweetcorn  
Apple Crumble with Custard

## FRIDAY

Fish Fingers & Chips  
Vegetarian Puff with Chips  
Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo  
Baked Beans  
Peas  
Marble Sponge



# 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.



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery



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