

# Week 1

WEEK COMMENCING: 17TH APR / 8TH MAY / 5TH JUNE / 25TH JUNE / 17TH JULY / 4TH SEPT / 25TH SEPT / 16TH OCT

## MONDAY

- Chicken & Vegetable Chow Mein
- V Soya Strips & Ginger Stir Fry with Noodles
- Tuna Mayonnaise Salad Wrap
- V Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo
- Seasonal Vegetables
- Jam Sponge

## TUESDAY

- Beef Lasagne
- V Summer Vegetable Quiche with Crushed Potatoes
- Chicken Mayonnaise & Sweetcorn Roll
- V Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo
- Seasonal Vegetables
- Pineapple & Coconut Crumble

## WEDNESDAY

- Roast Chicken Breast with Roast Potatoes & Gravy
- V Roasted Soya Fillet Strips with Roast Potatoes & Gravy
- V Egg Mayonnaise Roll
- V Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo
- Seasonal Vegetables
- Strawberry Jelly & Vanilla Ice Cream

## THURSDAY

- Oriental Sticky Salmon Wrap
- V Margherita Pizza
- Ham Sandwich with a Side Salad
- V Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo
- Seasonal Vegetables
- Chocolate Pear Pudding & Custard

## FRIDAY

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

# Week 2

WEEK COMMENCING: 24TH APR / 15TH MAY / 12TH JUNE / 3RD JULY / 11TH SEPT / 2ND OCT

## MONDAY

- Chicken Sausage with Mashed Potato & Gravy
- V Vegetarian Paella
- Tuna Mayonnaise Salad Wrap
- V Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo
- Seasonal Vegetables
- Ice Cream

## TUESDAY

- Spaghetti Bolognese
- V Summer Vegetable Whirl with Crushed Potatoes
- Chicken Mayonnaise & Sweetcorn Roll
- V Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo
- Seasonal Vegetables
- Chocolate Sponge with Chocolate Custard


## WEDNESDAY

- Roast Turkey with Roast Potatoes & Gravy
- V Vegetable & Butterbean Gratin with Roast Potatoes
- V Egg Mayonnaise Roll
- V Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo
- Seasonal Vegetables
- Pineapple Upside Down Sponge with Vanilla Sauce

## THURSDAY

- BBQ Chicken Pizza
- V Margherita Pizza
- Ham Sandwich with a Side Salad
- V Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo
- Seasonal Vegetables
- Strawberry Jelly & Mandarins

## FRIDAY

-  Fish Fingers & Chips
- V Sticky Vegetarian Sausages & Chips
- V Cheese & Spring Onion Wrap
- V Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo
- Baked Beans Peas
- Orange Drizzle Cake

# Week 3

WEEK COMMENCING: 1ST MAY / 22ND MAY / 19TH JUNE / 10TH JULY / 18TH SEPT / 9TH OCT

## MONDAY

- Sweet & Sour Chicken with Noodles
- V Italian Tomato & Basil Pasta with Cheese
- Tuna Mayonnaise Salad Wrap
- V Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo
- Seasonal Vegetables
- Peach Melba

## TUESDAY

- Chicken Sausage with Baked Jacket Wedges
- V Macaroni Cheese
- Chicken Mayonnaise & Sweetcorn Roll
- V Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo
- Seasonal Vegetables
- Chocolate & Cherry Sponge


## WEDNESDAY

- Roast Gammon with Roast Potatoes & Gravy
- V Vegetarian Sausage, Gravy, Roast Potatoes & Yorkshire Pudding
- V Egg Mayonnaise Roll
- V Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo
- Seasonal Vegetables
- Fruit Salad & Honey Yoghurt

## THURSDAY

- Ham & Pineapple Pizza
- V Margherita Pizza
- Ham Sandwich with a Side Salad
- V Jacket Potato with Baked Beans, Cheese, Coleslaw or Tuna Mayo
- Seasonal Vegetables
- Apple Crumble

## FRIDAY

-  Fish Fingers & Chips
- V Vegetable & Cheese Fajitas
- V Cheese & Spring Onion Wrap
- V 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.

