

Week 1 WEEK COMMENCING: 17TH APR / 8TH MAY / 29TH MAY / 19TH JUNE / 10TH JULY / 4TH SEPT / 25TH SEPT / 16TH OCT

MONDAY

Jamaican Jerk Chicken with Rice & Peas
Jacket Potato with Coleslaw
Tuna Pasta Bake
Broccoli Sweetcorn
Apple Crumble & Custard

TUESDAY

Beef Meatballs in Tomato Sauce with Spaghetti
Potato & Vegetable Bake
Sticky Chicken Wrap
Cauliflower Spring Cabbage
Frosted Carrot Cake


WEDNESDAY

Lemon & Garlic Roast Chicken Thigh
Soya Fillet Strips with Roast Potatoes & Gravy
Italian Tomato & Basil Pasta
Carrots Green Vegetable Medley
Strawberry Jelly

THURSDAY

Oriental Sticky Salmon Wrap
Margherita Popeye Pizza
Moroccan Lamb with Wholegrain Rice
Mixed Bean Salad Sweetcorn
Eve's Chocolate Pear Pudding & Ice Cream

FRIDAY

Fish Fingers & Chips 
Vegetable & Cheese Burger with Chips
Jacket Potato with Baked Beans
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

Soya Strip Honey & Ginger Stir Fry with Rice
Macaroni Cheese
Jacket Potato with Ratatouille
Carrots Cauliflower
Apple Flapjack

TUESDAY

Spaghetti Bolognese
Roasted Vegetable, Bean & Cheese Wrap
Vegetarian Bolognese with Pasta
Broccoli Roasted Butternut Squash
Chocolate Sponge with Chocolate Custard

WEDNESDAY

Roast Turkey with Roast Potatoes & Gravy
Vegetable & Butterbean Gratin with Roast Potatoes
Shepherdess Pie
Green Beans
Honey Roasted Root Vegetables
Pineapple Upside Down Sponge with Vanilla Sauce

THURSDAY

BBQ Chicken Pizza
Margherita Popeye Pizza
Neopolitan Pasta
Shredded Green Cabbage Sweetcorn
Strawberry Jelly & Mandarins

FRIDAY

Fish Fingers & Chips 
Sticky Vegetarian Sausages & Chips
Summer Vegetable Whirl with Chips
Baked Beans Peas
Frozen Toffee Yoghurt

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

MONDAY

Savoury Mince with Crushed Potatoes
Vegetable Tikka Masala with Rice
Jacket Potato with Cheese
Carrots Peas
Strawberry Ice Cream

TUESDAY

Chicken Curry with Rice
Roasted Vegetable Frittata with Crushed Potatoes
Jacket Potato with Baked Beans
Cauliflower Green Cabbage
Peach Crumble with Custard

WEDNESDAY

Roast Beef with Roast Potatoes & Gravy
Margherita Popeye Pizza
Butternut Squash Risotto
Carrots Leeks & Green Beans
Chocolate Shortbread

THURSDAY

Chicken Sausage with Mash & Gravy
Vegetarian Sausage with Mash & Gravy
Vegetable Chilli with Wholegrain Rice
Grilled Tomatoes Sweetcorn
Marble Sponge

FRIDAY

Fish Fingers & Chips 
Mixed Vegetable & Chickpea Stir Fry
Summer Vegetable & Cheese Quiche with Chips
Baked Beans Peas
Strawberry Jelly & Pineapple

The Guide to Goodness



AT LEAST 50% FRUIT

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.

Whole Grain

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

MSC-C-50236

