

# Week 1

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

## MONDAY

Chicken Tikka Masala with Rice

Jacket Potato with Coleslaw

Vegetable Tikka Masala with Rice

Broccoli  
Sweetcorn

Apple Crumble & Custard

## TUESDAY

Beef Meatballs in Tomato Sauce  
with Spaghetti

Potato & Vegetable Bake

Quorn Meatballs in Tomato Sauce  
with Spaghetti

Cauliflower  
Spring Cabbage

Frosted Carrot Cake

## WEDNESDAY

Lemon & Garlic Roast Chicken  
Thigh with Roast Potatoes & Gravy

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

Sticky Chicken Wrap

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 Noodles

Vegetable Chow Mein

Jacket Potato with Ratatouille

Carrots  
Cauliflower

Apple Flapjack

## TUESDAY

Beef Lasagne

Roasted Vegetable, Bean  
& Cheese Wrap

Vegetarian Lasagne

Broccoli  
Roasted Butternut Squash

Chocolate Sponge  
with Chocolate Custard

## WEDNESDAY

Roast Turkey  
with Roast Potatoes & Gravy

Vegetable & Butterbean Grain  
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

Breaded Fish & 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

Beef Spaghetti Bolognese

Vegetarian Spaghetti Bolognese

Jacket Potato with Cheese

Carrots  
Peas

Strawberry Ice Cream

## TUESDAY

Chicken & Sweetcorn Pie  
with Crushed Potatoes

Vegetarian Cottage Pie

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

Lime & Corriander Baked Fish  
with Chips 

Summer Vegetable & Cheese  
Quiche with Chips

Jacket Potato with BBQ Beans

Baked Beans  
Peas

Strawberry Jelly & Pineapple



# 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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