Week 1
WEEK COMMENCING: 16TH APRIL/7TH MAY/18TH JUNE/9TH JULY/3RD SEPT/24TH SEPT/15TH OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY *MEAT FREE THURSDAY*	FRIDAY
Chicken Hot Dog with Wedges	Lamb Lasagne	Roast Chicken with Roast Potatoes & Gravy	Vegetarian Meatballs in a Tomato Sauce with Pasta	Salmon and White Fish Fingers with Chips
Vegetarian Hot Dog with Wedges	Spicy Bean Burger	Macaroni Cheese	Roasted Mediterranean Vegetable Pizza	Sweet Potato & Lentil Curry with Rice
Vegetarian Frittata with Wedges	Roasted Vegetable Lasagne	Vegetable Balti Burrito	Cheese Salad Baguette	Jacket Potato with Beans Cheese Coleslaw or Tuna
Carrots Green Beans	Cauliflower Peas	Broccoli Carrots	Coleslaw Sweetcorn	Baked Beans Peas
Eve's Pudding	Pear & Chocolate Sponge	Jelly	Fruity Flapjack	Frozen Toffee Yoghurt

Week 2
WEEK COMMENCING: 23RD APRIL/14TH MAY/4TH JUNE/25TH JUNE/16TH JULY/10TH SEPT/1ST OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Chow Mein	Lamb Pasta Bolognese	Roast Turkey with Roast Potatoes & Gravy	Pasta with Quorn in a Tomato Sauce	Fish Fingers & Chips
Cheese & Onion Flan with New Potatoes	Cheese, Tomato & Basil Pinwheel	Tarka Dahl Curry with Rice	Red Onion & Sweetcorn Pizza	Vegetarian Frankfurter with Chips
Vegetable Chow Mein	Vegetarian Pasta Bolognese	Jacket Potato with Beans Cheese Coleslaw or Tuna	Tuna & Sweetcorn Mayonnaise Baguette	Vegetable Tikka with Rice
Green Beans Sweetcorn	Broccoli Carrots	Peas White Cabbage	Fruity Coleslaw Sweetcorn	Baked Beans Peas
Peach Upside Down Sponge	Oat & Sultana Biscuit	Lemon & Courgette Cake	Jelly & Mandarins	Frozen Strawberry Yoghurt

Week 3
WEEK COMMENCING: 30TH APRIL/21ST MAY/11TH JUNE/2ND JULY/23RD JULY/17TH SEPT/8TH OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY *MEAT FREE THURSDAY*	FRIDAY
Chicken Curry with Rice	Shepherd's Pie	Roast Chicken with Roast Potatoes & Gravy	Quorn & Vegetable Pie	Fish Fingers & Chips
Mediterranean Vegetables with Spicy Cous Cous	Falafel & Salad Pitta	Vegetable & Lentil Loaf with Roast Potatoes & Gravy	Margherita Pizza	Jacket Potato with Beans Cheese Coleslaw or Tuna
Vegetable & Chickpea Jambalaya	Jacket Potato with Beans Cheese Coleslaw or Tuna	Cheese, Leek & Onion Pasty	Neapolitan Pasta	Cheese, Tomato & Basil Tart with Chips
Carrots Green Beans	Cauliflower Peas	Broccoli Carrots	Roasted Vegetables Sweetcorn	Baked Beans Peas
Pear & Vanilla Sponge with Custard	Summer Berry Sponge	Ice Cream	Apple & Berry Crumble with Custard	Crispy Cake

The Guide to Goodness

AT LEAST 50% FRUIT
Many of our homemade desserts contain at least 50% fruit!

SUSTAINABLE FISH
The fish we serve is from well-managed and sustainable fisheries.

HOME MADE
Over 85% of our dishes are made fresh on site today from fresh ingredients.

Whole Grain
We use wholegrain flour and serve wholemeal bread.

Sourced Locally
Where possible we use ingredients sourced from local producers.

Meat - ● **Vegetarian -** ● **Halal -** ● (where available) **Alternative -** ● (Halal served where requested by your school)