

# Week 1

WEEK COMMENCING: 1ST MAY/22ND MAY/19TH JUNE/10TH JULY/4TH SEPT/25TH SEPT/16TH OCT



## 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.

### MONDAY

Pork or Vegetarian Sausages with Mash & Gravy

Vegetable Curry with Rice

Jacket Potato with Cheese & Coleslaw

Tuna Mayo Sandwich

Baked Beans Sweetcorn

Golden Crispy Bun

### TUESDAY

BBQ Chicken with Rice

Margherita Pasta

Jacket Potato with Tuna Mayo

Cheese Wrap

Carrots Peas

Apple Sponge with Ice Cream or Custard

### WEDNESDAY

Roast Gammon with Roast Potatoes & Gravy

Vegetarian Casserole with Mash

Jacket Potato with Cheese

Ham Roll

Mixed Vegetables

Lemon Muffin

### THURSDAY

Chicken Korma with Rice

Margherita Pizza

Jacket Potato with Baked Beans & Cheese

Cheese Sandwich

Broccoli Carrots

Chocolate Fudge Cake

### FRIDAY

Battered Fish & Chips 

Cheese Quiche with Chips

Jacket Potato with Tuna Mayo

Egg Mayo Sandwich

Baked Beans Peas

Frozen Yoghurt with Peaches

# Week 2

WEEK COMMENCING: 8TH MAY/5TH JUNE/26TH JUNE/17TH JULY/11TH SEPT/2ND OCT

### MONDAY

Beef or Quorn Burger in a Bun

Spanish Quorn in Tomato Sauce with Potato Wedges

Jacket Potato with Baked Beans

Tuna Sandwich

Peas Sweetcorn

Chocolate Cracknell

### TUESDAY

Chicken Wrap

Macaroni Cheese

Jacket Potato with Tuna Mayo

Egg Mayo Roll

Mixed Vegetables

Peach Sponge with Ice Cream or Custard

### WEDNESDAY

Roast Chicken Breast with Boiled Potatoes & Gravy

Quorn Chilli with Rice

Jacket Potato with Cheese

Salmon Mayo Sandwich

Cabbage Carrots

Chocolate Brownie

### THURSDAY

Savoury Mince with Mash & Yorkshire Pudding

Margherita Pizza

Jacket Potato with Cheese & Coleslaw

Ham Roll

Green Beans Sweetcorn

Pear Sponge with Custard

### FRIDAY

Fish Fingers & Chips 

Quorn Bolognese with Pasta

Jacket Potato with Baked Beans & Cheese

Cheese Sandwich

Baked Beans Peas

Jam Shortcake with Custard

# Week 3

WEEK COMMENCING: 24TH APRIL/15TH MAY/12TH JUNE/3RD JULY/24TH JULY/18TH SEPT

### MONDAY

Pork or Vegetarian Sausages with Mash & Gravy

Vegetable Chilli with Rice

Jacket Potato with Cheese & Coleslaw

Egg Mayo Sandwich

Peas Sweetcorn

Berry Sponge with Custard

### TUESDAY

Sticky Chicken Wrap

Cheese Pie with Crushed Potatoes

Jacket Potato with Baked Beans

Cheese Sandwich

Carrots Green Beans

Flapjack

### WEDNESDAY

Roast Turkey with Roast Potatoes & Gravy

Quorn Mince, Bean & Rice Wrap

Jacket Potato with Tuna Mayo

Ham Roll

Mixed Vegetables

Peaches & Ice Cream

### THURSDAY

Beef Spaghetti Bolognese

Mozzarella Puff with Potato Wedges

Jacket Potato with Baked Beans & Cheese

Tuna Mayo Wrap

Carrots Cauliflower

Chocolate Cake with Chocolate Sauce

### FRIDAY

Fish Fingers & Chips 

Neapolitan Pasta Bake

Jacket Potato with Salmon Mayo

Cheese Sandwich

Baked Beans Peas

Orange Muffin