

# 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
- Baked Beans Sweetcorn
- Ginger Sponge with Custard

### TUESDAY

- Chicken Breast with Mash
- Margherita Pasta
- Jacket Potato with Tuna Mayo & Sweetcorn
- Carrots Peas
- Apple Sponge with Ice Cream or Custard

### WEDNESDAY

- Roast Gammon with Roast Potatoes & Gravy
- Vegetarian Casserole with Mash
- Jacket Potato with Cheese
- Mixed Vegetables
- Lemon Muffin with Custard

### THURSDAY

- Chicken Korma with Rice
- Cheese & Tomato Pizza
- Jacket Potato with Baked Beans & Cheese
- Broccoli Carrots
- Chocolate Fudge Cake

### FRIDAY

- Battered Fish & Chips
- Cheese Quiche with Chips
- Jacket Potato with Tuna Mayo
- Baked Beans Peas
- Peach Sponge with Custard

# 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
- Peas Sweetcorn
- Toffee Sponge with Custard

### TUESDAY

- Chicken Casserole with Mash
- Macaroni Cheese
- Jacket Potato with Tuna & Sweetcorn
- 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
- Cabbage Carrots
- Jam Shortcake with Custard

### THURSDAY

- Savoury Mince with Mash & Yorkshire Pudding
- Margherita Pizza
- Jacket Potato with Cheese & Coleslaw
- Green Beans Sweetcorn
- Chocolate Brownie with Custard

### FRIDAY

- Fish Fingers & Chips
- Quorn Bolognese with Pasta
- Jacket Potato with Baked Beans & Cheese
- Baked Beans Peas
- Pear Sponge 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
- Peas Sweetcorn
- Berry Sponge with Custard

### TUESDAY

- Chicken Breast with Mash
- Cheese Pie with Crushed Potatoes
- Jacket Potato with Baked Beans
- Carrots Green Beans
- Eve's Pudding with Custard

### WEDNESDAY

- Roast Turkey with Roast Potatoes & Gravy
- Quorn Mince, Bean & Rice Wrap
- Jacket Potato with Tuna Mayo
- Mixed Vegetables
- Marble Sponge with Custard

### THURSDAY

- Beef Spaghetti Bolognese
- Mozzarella Puff with Wedges
- Jacket Potato with Baked Beans & Cheese
- Carrots Cauliflower
- Chocolate Cake with Chocolate Sauce

### FRIDAY

- Fish Fingers & Chips
- Neapolitan Pasta Bake
- Jacket Potato with Salmon Mayo
- Baked Beans Peas
- Orange Muffin with Custard