

Week one

16/04 07/05 04/06 25/06 16/07 03/09 24/09 15/10

Monday

Choose a main meal...

Mozzarella & Tomato Pizza with Pasta Salad ✓

Mediterranean Summer Beans with Rice ✓

Jacket potato with a choice of filling

on the side...

Crunchy Salad

Peas

for dessert...

Wedges of Melon & Orange

Tuesday

Choose a main meal...

Chicken Mayo Burger with Jacket Wedges

Vegetable Biryani ✓

Jacket potato with a choice of filling

on the side...

House Coleslaw

Sweetcorn

for dessert...

Mini Chocolate Brownie with Banana and Custard

Wednesday

Choose a main meal...

Roast Pork with Roast Potatoes & Gravy

Quorn Roast with Roast Potatoes & Gravy ✓

Jacket potato with a choice of filling

on the side...

Seasonal Cabbage

Carrots

for dessert...

Blueberry Frozen Yoghurt

Thursday

Choose a main meal...

Beef Chilli with Rice

Macaroni, Cheese & Sweetcorn Bake ✓

Jacket potato with a choice of filling

on the side...

Broccoli

Cauliflower

for dessert...

Berry Flapjack

Friday

Choose a main meal...

Crispy Fish & Chips

Veggie Hot Dog with Chips ✓

Jacket potato with a choice of filling

on the side...

Baked Beans

Peas

for dessert...

Orange Shortbread with Yoghurt Dipper

Week two

23/04 14/05 11/06 02/07 10/09 01/10

Monday

Choose a main meal...

Mac 'N' Cheese ✓

Vegetarian Moussaka with Garlic & Herb Bread Wedge ✓

Jacket potato with a choice of filling

on the side...

Broccoli

Sweetcorn

for dessert...

Vanilla Ice Cream

Tuesday

Choose a main meal...

Pork Sausages with Creamy Mash & Gravy

Vegetarian Sausages with Creamy Mash & Gravy ✓

Jacket potato with a choice of filling

on the side...

Carrots

Seasonal Cabbage

for dessert...

Chocolate & Banana Mousse Pot

Wednesday

Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy

Cauliflower & Broccoli Cheese Bake with Roast Potatoes & Gravy ✓

Jacket potato with a choice of filling

on the side...

Peas

Roasted Vegetables

for dessert...

Oatie Biscuit with Fruit Slices

Thursday

Choose a main meal...

Beef Keema Curry (Mild Minced Beef Curry) with Rice

Creamy Tomato & Basil Pasta ✓

Jacket potato with a choice of filling

on the side...

Carrots

Green Beans

for dessert...

Carrot & Banana Slice with Custard

Friday

Choose a main meal...

Golden Fish Fingers & Chips

Bean Burger in a Bun with Tomato Relish & Chips ✓

Jacket potato with a choice of filling

on the side...

Baked Beans

Crunchy Coleslaw

for dessert...

Strawberry Jelly

Week three

30/04 21/05 18/06 09/07 17/09 08/10

Monday

Choose a main meal...

Cheesy Pizza Bianca with Jacket Wedges ✓

Vegetarian Bolognese Pasta ✓

Jacket potato with a choice of filling

on the side...

Peas

Apple Slaw

for dessert...

Mango Frozen Yoghurt

Tuesday

Choose a main meal...

Creamy Mild Chicken Curry with Rice

Quorn Frankfurter Pasta Bake ✓

Jacket potato with a choice of filling

on the side...

Broccoli

Carrots

for dessert...

Peach Crumble with Custard

Wednesday

Choose a main meal...

Roast Chicken with Roast Potatoes & Gravy

Country Vegetable Pie with Gravy ✓

Jacket potato with a choice of filling

on the side...

Seasonal Cabbage

Sweetcorn

for dessert...

Wedges of Pear, Apple & Orange

Thursday

Choose a main meal...

Bolognese Pasta

Mild Potato & Chickpea Curry with Rice ✓

Jacket potato with a choice of filling

on the side...

Green Beans

Roast Mediterranean Vegetables

for dessert...

Chocolate & Gingerbread Bites

Friday

Choose a main meal...

Salmon Fish Fingers or Fish Fingers with Chips

Bean & Pepper Fajita with Chips ✓

Jacket potato with a choice of filling

on the side...

Baked Beans

Peas

for dessert...

Strawberry Cheesecake

All our milk is Red Tractor approved



WE BUY 95% of our seasonal vegetables direct from British growers



FRESH SALAD IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER 30% of our products are transported by vehicles that run on biodiesel

We have a fresh salad bar available daily
All of our bread is baked fresh every day
Yoghurt and water will be available daily



WE SUPPORT 82 BRITISH DAIRY FARMS



We only use Lion Quality British Eggs



FARM TO FORK We can trace every cut of meat back to the farms of origin

ALL OUR BREAD IS FRESHLY BAKED EVERY DAY

All our bananas are FAIRTRADE

