

# Week 1

WEEK COMMENCING: 22ND APR / 13TH MAY / 10TH JUN / 1ST JUL / 22ND JUL / 16TH SEP / 7TH OCT

## MONDAY

Pork Sausage & Gravy  
with Herby Wedges

✓ Margherita Pizza

✓ Nut-free Pesto Pasta

Sweetcorn  
Peas

Lemon Drizzle Cake



## TUESDAY

BBQ Beef Burrito



✓ Mediterranean Frittata

✓ Jacket Potato & Cheese

Green Beans  
Mixed Salad

Orange Jelly & Mandarins



## WEDNESDAY

Roasted Beef & Gravy  
with Roasted Potatoes

✓ *WEDD* Macaroni Cheese

✓ Jacket Potato &  
Baked Beans  
Carrots  
Broccoli

Strawberry Frozen Yoghurt



## THURSDAY

Meat Feast or  
Margherita Pizza



✓ Honey & Ginger Soya  
Strips with Rice

✓ Thai Vegetable Noodles

Roasted Mediterranean Veg  
Sweetcorn

Pear & Chocolate  
Sponge with Ice-cream



## FRIDAY

Fish Fingers with  
Chips or Wedges



✓ Cheese &  
Broccoli Flan



✓ Kheema Lamb  
Penne Pasta



Peas  
Baked Beans

Pancakes & Mixed Berries

# Week 2

WEEK COMMENCING: 29TH APR / 20TH MAY / 17TH JUN / 8TH JUL / 2ND SEP / 23RD SEP / 14TH OCT

## MONDAY

Margherita Pizza

✓ Quorn Sausage in  
half a Baguette

✓ Vegetable & Chickpea

Jambalaya

Mexican Corn  
Green Beans

✓ Peach Upside-down  
Sponge



## TUESDAY

*WEDD* Beef Pasta Bolognese



✓ Cheese & Tomato  
Pin-wheel

Tuna Salad

Vegetable Medley

Chocolate &  
Beetroot Brownie



## WEDNESDAY

Roasted Chicken Breast &  
Gravy with Roasted Potatoes

✓ *WEDD* Macaroni Cheese

✓ Jacket Potato &  
Baked Beans  
Carrots  
Broccoli

Strawberry Jelly  
with Peaches



## THURSDAY

BBQ Chicken or  
Margherita Pizza

✓ Vegetable Chow Mein

✓ Salmon & Broccoli  
Penne Pasta  
Sweetcorn  
Cauliflower



Frozen Toffee Yoghurt

## FRIDAY

Golden Breaded Fish  
with Chips or Wedges



✓ Quorn Paella

Jacket Potato & Cheese

Peas  
Baked Beans

Vanilla Ice-cream

# Week 3

WEEK COMMENCING: 6TH MAY / 3RD JUN / 24TH JUN / 15TH JUL / 9TH SEP / 30TH SEP / 21ST OCT

## MONDAY

Sausage in half  
a Baguette

✓ Neapolitan Bean Pasta

✓ Cream Cheese &  
Cucumber Wrap

Mexican Sweetcorn  
Peas

Apple Strudel with  
Vanilla Ice Cream



## TUESDAY

Sweet & Sour Chicken  
with Rice



✓ Margherita Pizza

✓ Jacket Potato & Cheese

Green Beans  
Carrots

Ginger & Lemon  
Cheesecake

## WEDNESDAY

Roasted Gammon  
with Gravy

✓ Chickpea Tagine  
with Cous Cous

✓ Cheese & Tomato Melt

White Cabbage  
Mixed Veg Medley

Lemon & Courgette Cake



## THURSDAY

Spicy Beef or  
Margherita Pizza



✓ *WEDD* Macaroni Cheese

✓ Jacket Potato & Beans

Sweetcorn  
Coleslaw

Pineapple Upside-down  
Cake



## FRIDAY

Fish Fingers with  
Chips or Wedges



✓ Quorn Vegetable Stir Fry

Chickpea & Vegetable  
Spicy Rice

Peas  
Baked Beans

Chocolate Crispy Cake

Menu  
Key:

Organic Flour



Organic Beef Mince



Organic Milk



Vegetarian



Organic Pasta



Free Range Chicken



50% Fruit



MSC Fish



# 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.