Week 1

WEEK COMMENCING: 22ND APR/13TH MAY/ 03RD JUN/ 24THJUN/ 15THJUL/ 02ND SEP/ 23RD SEP/ 14TH OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lamb Kheema with Rice	Chicken Sausage with Mash Potato & Gravy	Roast Chicken with Gravy and Roast Potatoes	Shepherd's pie	Battered Fish with Chips
Macaroni Cheese V	Quorn Sausage with Mash Potato & Gravy V	Lentil & Sweet Potato Curry with Rice V	Margharita Pizza V	Mediterranean Quiche V
Jacket Potato with Baked Beans V	Jacket Potato with Ratatouille V	Jacket Potato with Cheese V	Jacket Potato with Vegetable Chilli V	Jacket Potato with Coleslaw V
Peas & Cauliflower	Sweetcorn & Broccoli	Carrots & Green Beans	Roasted Mediterranean Vegetables & Sweetcorn	Peas & Baked Beans
Apple & Berry Crumble with Custard	Strawberry Jelly	Peach Upside Down Sponge with Custard	Vanilla Ice Cream	Oat & Sultana Biscuit

Week 2

WEEK COMMENCING: 29TH APR/ 20TH MAY/ 10TH JUN/ 01ST JUL/ 22ND JUL/ 09TH SEP/30TH SEP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lamb Pasta Bolognese	Chicken & Sweetcorn Pie	Roast Turkey with Gravy and Roast Potatoes	Minced Lamb Hot Pot	Fish Fingers with Chips
Rainbow Frittata with New Potatoes V	Cheese & Tomato Penne Pasta V	Vegetable & Sweet Potato Bake, Gravy & Roast Potatoes V	Red Onion & Sweetcorn Pizza V	Tomato & Basil Puff V
Jacket Potato with Tuna Mayonnaise	Jacket Potato with Coleslaw V	Jacket Potato with Vegetable Chilli V	Jacket Potato with Beany Ratatouille V	Jacket Potato with Baked Beans V
Carrots & Vegetable Medley	Green Beans & Cauliflower	Peas & Roast Root Vegetables	Green Cabbage & Sweetcorn	Peas & Baked Beans
Apple Crumble with Custard	Lemon & Courgette Muffin	Fruity Flapjack	Fresh Fruit Salad	Vanilla & Strawberry Mousse

Week 3

WEEK COMMENCING: 06TH MAY/ 27TH MAY/ 17TH JUN/ 08THJUL/ 16THSEP/ 07THOCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jerk Chicken, Rice & Peas	Lamb Lasagne	Roast Chicken Drumstick with Gravy and Roast Potatoes	Lamb Jollof	Breaded Fish & Potato Wedges
Quorn & Vegetable Stir Fry with Noodles V	Chickpea and Mixed Vegetable Balti with New Potatoes V	Mixed Vegetable & Butterbean Ragu with Roast Potatoes V	Roasted Pepper Pizza V	Spicy Bean Burger with Potato Wedges V
Jacket Potato with BBQ Beans V	Jacket Potato with Tuna & Sweetcorn	Jacket Potato with Cheesy Coleslaw V	Jacket Potato with Three Bean Casserole V	Jacket Potato with Salmon Mayonnaise
Carrots & Green beans	Roasted Mediterranean Vegetables	Carrots & Green Cabbage	Sweetcorn & Cauliflower	Peas & Baked Beans
Apple & Banana Cake with Custard	Frozen To ee Yoghurt	Berry Ripple Cake with Custard	Fresh Fruit Salad	Golden Rice Crispie 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 75% 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.