Week 1

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Sausage & Gravy with Herby Wedges	BBQ Beef Burrito	Roasted Pork & Gravy with Roasted Potatoes	Meat Feast or Margherita Pizza	Fish Fingers & Chips
V Margherita Pizza	V Cheese & Onion Puff	V Macaroni Cheese	V Honey & Ginger Soya Strips with Rice	V Cheese & Broccoli Flan
V Egg Salad Wrap	V Jacket Potato & Cheese	V Jacket Potato & Baked Beans	V Nut-free Pesto Pasta	Jacket Potato & Tuna
Sweetcorn Peas	Green Beans Mixed Salad	Carrots Broccoli	Roasted Mediterranean Veg Sweetcorn	Peas Baked Beans
Fruit Flapjacks	Orange Jelly & Mandarins	Strawberry Frozen Yoghurt	Pear & Vanilla Sponge with Vailla Ice-cream	Pancakes & Mixed Berries

Week 2

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
V Margherita Pizza	Beef Pasta Bolognese	Roasted Chicken Breast & Gravy with Roasted Potatoes	BBQ Chicken or Margherita Pizza	Fish Fingers & Chips
V Quorn Sausage in half a Baguette	V Cheese & Leek Pasty	V Macaroni Cheese	V Vegetable Chow Mein	V Quorn Paella
V Jacket Potato & Coleslaw	Tuna Salad	V Jacket Potato & Baked Beans	Salmon & Broccoli Penne Pasta	V Jacket Potato & Cheese
Mexican Corn Green Beans	Vegetable Medley	Carrots Broccoli	Sweetcorn Cauliflower	Peas Baked Beans
Peach Upside-down Sponge	Iced Vanilla Sponge	Strawberry Jelly with Peaches	Frozen Toffee Yoghurt	Vanilla Ice-cream

Week 3

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage in half a Baguette	BBQ Chicken with Rice	Roasted Gammon with Gravy	Spicy Beef or Margherita Pizza	Fish Fingers & Chips
V Neapolitan Bean Pasta	V Margherita Pizza	V Falafel Salad & Pitta	V Macaroni Cheese	V Quorn Burger in a Bun
V Mexican Rice Wrap	V Jacket Potato & Cheese	V Cheese & Tomato Melt	V Jacket Potato & Beans	V Chickpea & Vegetable Spicy Rice
Mexican Sweetcorn Peas	Green Beans Carrots	White Cabbage Mixed Veg Medley	Sweetcorn Coleslaw	Peas Baked Beans
Oat Dream Cookie	Apple & Berry Crumble with Custard	Lemon & Courgette Cake	Pineapple Upside-down Cake	Golden Crispy Cake

Menu Key: Organic Flour · Organic Beef Mince · Organic Milk · Vegetarian V · Organic Pasta · Free Range Chicken · 50% Fruit · MSC Fish

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.