

# Week one

09/04 30/04 21/05 09/07 01/10 22/10

Monday

Choose a main meal...

Mozzarella & Tomato Pizza  
✓ with Pasta Salad\*\*  
Cheese Wrap ✓

on the side...

Carrot Batons  
Choice of Fresh Seasonal Salads  
for dessert...  
Apple Flapjack\*

Tuesday

Choose a main meal...

Chicken Mayo Burger with Jacket Wedges  
Vegetable & Noodle Stir Fry ✓

on the side...

Green Beans  
Choice of Fresh Seasonal Salads  
for dessert...  
Mini Chocolate Brownie with Banana\* & Custard

Wednesday

Choose a main meal...

Roast Pork with Roast Potatoes & Gravy  
Quorn Roast ✓ with Roast Potatoes & Gravy

on the side...

Spring Cabbage  
Choice of Fresh Seasonal Salads  
for dessert...  
Blueberry Frozen Yoghurt\*

Thursday

Choose a main meal...

Savoury Beef with Rice\*\*  
Macaroni, Cheese & Sweetcorn Bake ✓

on the side...

Broccoli  
Choice of Fresh Seasonal Salads  
for dessert...  
Crunchy Chocolate Biscuit with Fruit Slices\*

Friday

Choose a main meal...

Crispy Fish & Chips  
Veggie Hot Dog ✓ with Chips

on the side...

Carrot Batons & Peas, Baked Beans  
Choice of Fresh Seasonal Salads  
for dessert...  
Orange Jelly with Mandarin Segments\*

# Week two

16/04 07/05 04/06 25/06 16/07 17/09 08/10

Choose a main meal...

Mac 'N' Cheese ✓  
Vegetarian Meatballs in a Tomato Sauce ✓ with Wholegrain Rice \*\*

on the side...

Broccoli  
Choice of Fresh Seasonal Salads  
for dessert...  
Vanilla Ice Cream with Sliced Peaches\*

Choose a main meal...

Pork Sausages with Creamy Mash & Gravy  
Vegetarian Sausages ✓ with Creamy Mash & Gravy

on the side...

Carrot Batons  
Choice of Fresh Seasonal Salads  
for dessert...  
Chocolate & Banana Mousse Pot\*

Choose a main meal...

Roast Chicken with Roast Potatoes & Gravy  
Cheese and Potato Pie ✓ with Roast Potatoes & Gravy

on the side...

Roasted Vegetables  
Choice of Fresh Seasonal Salads  
for dessert...  
Oatie Biscuit with Fruit Slices\*

Choose a main meal...

Traditional Beef Lasagne with a Garlic & Herb Bread Wedge  
Creamy Tomato & Basil Pasta ✓\*\*

on the side...

Fresh Cauliflower  
Choice of Fresh Seasonal Salads  
for dessert...  
Carrot & Banana Slice\* with Custard

Choose a main meal...

Golden Fish Fingers & Chips  
Quorn Burger in a Bun ✓ with Chips

on the side...

Carrot Batons & Peas, Baked Beans  
Choice of Fresh Seasonal Salads  
for dessert...  
Lemon Shortbread Biscuit with Fresh Melon\*

# Week three

23/04 14/05 11/06 02/07 03/09 24/09 15/10

Choose a main meal...

Vegetable Supreme Pizza ✓ with Jacket Wedges  
Vegetarian Bolognese ✓\*\*

on the side...

Carrot Batons  
Choice of Fresh Seasonal Salads  
for dessert...  
Mango Frozen Yoghurt\*

Choose a main meal...

Creamy Chicken Curry with Wholegrain Rice\*\*  
Vegetable Lasagne ✓

on the side...

Fresh Cauliflower  
Choice of Fresh Seasonal Salads  
for dessert...  
Chocolate & Mandarin Sponge\* with Custard

Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy  
Shepherdess Pie ✓ with Gravy

on the side...

Broccoli  
Choice of Fresh Seasonal Salads  
for dessert...  
Carrot & Pineapple Cake\*

Choose a main meal...

Pasta Bolognese\*\*  
Mild Potato & Chickpea Curry ✓ with Rice\*\*

on the side...

Roast Mediterranean Vegetables  
Choice of Fresh Seasonal Salads  
for dessert...  
Custard Biscuit with Fruit Slices\*

Choose a main meal...

Salmon Fish Fingers\*\*\* or Golden Fish Fingers with Chips  
Quorn Sausage ✓ & Tomato Pasta Bake

on the side...

Carrot Batons & Peas, Baked Beans  
Choice of Fresh Seasonal Salads  
for dessert...  
Strawberry Jam & Coconut Sponge\* with Custard

All our milk is Red Tractor approved



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



ALL OUR BEEF is from THE UK OR IRELAND

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

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All of our bread is baked fresh every day  
We have a fresh salad bar available daily  
\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish (✓) Vegetarian



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

