

Week one

Monday

22/04 13/05 10/06 01/07 22/07 02/09 23/09 14/10

Choose a main meal...

Tomato & Mozzarella Pizza with Jacket Wedges ✓
Chinese Style Veggie Rice ✓

on the side...

Broccoli
Sweetcorn
for dessert...
Mango Frozen Yoghurt

Tuesday

Choose a main meal...

Chicken Tikka Masala with Rice ✓
Vegetable Pasta Bolognese ✓

on the side...

Green Beans
Mixed Vegetables
for dessert...
Pear Upside Down Cake with Custard

Wednesday

Choose a main meal...

Roast Gammon with Roast Potatoes & Gravy ✓
Country Vegetable Pie with Roast Potatoes & Gravy ✓

on the side...

Carrots
Cabbage
for dessert...
Flapjack with Fruit Slices

Thursday

Choose a main meal...

BBQ Beef Meatballs with Pasta ✓
BBQ Sweetcorn Stack with Rice ✓ (layered tortilla bake)

on the side...

Peas
Mixed Vegetables
for dessert...
Brownie Cake

Friday

Choose a main meal...

Cod Fish Fingers with Chips ✓
Salmon Fish Fingers with Chips ✓
Hotdog with Chips ✓

on the side...

Sweetcorn
Baked Beans
for dessert...
Berry Chill

Week two

29/04 20/05 17/06 08/07 09/09 30/09

Choose a main meal...

BBQ Burger with Jacket Wedges ✓
Tomato and Herb Pasta ✓

on the side...

Crunchy Coleslaw
Peas
for dessert...
Chocolate Sponge Cake with Custard

Choose a main meal...

Pork Sausages with Creamy Mash ✓
Vegetarian Sausages with Creamy Mash ✓

on the side...

Mixed Vegetables
Baked Beans
for dessert...
Strawberry Sponge Swirl

Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy ✓
Cheese and Potato Bake with Roast Potatoes ✓

on the side...

Cabbage
Carrots
for dessert...
Oatie Biscuit with Fruit Slices

Choose a main meal...

Pasta Bolognese ✓
Mild Chickpea Curry with Rice ✓

on the side...

Broccoli
Sweetcorn
for dessert...
Apple & Carrot Cake

Choose a main meal...

Crispy Fish & Chips ✓
Baked Bean & Cheese Wrap with Chips ✓

on the side...

Peas and Baked Beans
Tomato & Cucumber Salad
for dessert...
Cheese & Biscuits

Week three

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

Choose a main meal...

Mac 'N' Cheese ✓
Vegetable Korma with Rice ✓

on the side...

Broccoli
Carrots
for dessert...
Peach Slice

Choose a main meal...

Chicken & Sweetcorn Pizza with Jacket Wedges ✓
Cheesy Bubble & Squeak ✓

on the side...

Peas
Mixed Vegetables
for dessert...
Lemon Drizzle Cake

Choose a main meal...

Roast Chicken with Roast Potatoes & Gravy ✓
Quorn Roast with Roast Potatoes & Gravy ✓

on the side...

Carrots
Cabbage
for dessert...
Blueberry Frozen Yoghurt

Choose a main meal...

Beef Burger with Jacket Wedges ✓
Vegetable Lasagne with Garlic Bread ✓

on the side...

Mixed Vegetables
Sweetcorn
for dessert...
Apple & Berry Crumble with Custard

Choose a main meal...

Cod Fish Fingers & Chips ✓
Dippers with Chips ✓

on the side...

Baked Beans
Peas
for dessert...
Chocolate Shortbread with Fruit Slices

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 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

