



Every day we offer: Fruit Juice Cordial, Organic Semi Skimmed Milk, and a Fresh Bread Basket. Ketchup is offered with selected dishes. Items in BLUE denote contents of Deli Bag. Vegetable accompaniments change to reflect seasonal availability.

Week one

Week Commencing: 13/5, 10/6, 1/7, 2/9, 23/9, 14/10.

Main meal...

British Pork Sausages with Gravy and Creamy Mashed Potatoes (v,h) Chinese Style Quorn with Noodles
(v) Filled Jacket Potato Choice
Tuna Mayonnaise Sandwich
Radnor Juice Carton (50/50 juice/water)

MONDAY

On the side...

Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Strawberry Swirl Mousse
(v) Cheddar Cheese, Crackers & Apple
(v) Organic Yoghurt or Fresh Fruit

Main meal...

Chicken Fillet Wrap with BBQ Sauce, Baked Potato Wedges (v,h) Farmhouse Omelette, Baked Potato Wedges
(v) Filled Jacket Potato Choice
(v) Cheddar Cheese Soft Bag
Radnor Juice Carton

TUESDAY

On the side...

Vegetable Sticks/Fresh Salad Bar
Corn on the Cob or Peas

For dessert...

(v,h) Iced Mandarin Sponge
(v) Organic Yoghurt or Fresh Fruit

WEDNESDAY

OUR ROAST OF THE DAY

British Roast Pork Joint/Loin or Gammon Joint, Apple Sauce, Gravy, Crispy Roast Potatoes (v) Veggie Toad in the Hole, Gravy, Crispy Roast Potatoes
(v) Filled Jacket Potato Choice
Sliced Turkey Soft Bag
Radnor Juice Carton

On the side...

Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Fruit Crumble & Custard
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

Main meal...

(h) Organic Beef Bolognaise Pasta Bake, Malted Wheat Baguette (v,h) Homemade Rustic Cheese & Tomato Pizza, Crispy Potatoes
(v) Filled Jacket Potato Choice
Sliced Ham Sandwich
Milkshake Carton

THURSDAY

On the side...

Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Creamy Whip with Fruit in Juice (v,h) Homemade Ginger Cookie
(v) Organic Yoghurt or Fresh Fruit

FRIDAY

Main meal...

SEASIDE SPECIAL FISHY FRIDAY
(msc) Harry Ramsden's Seaside Salmon Fish Fillet, Criss-Cross Potatoes (v,h) Not Too Spicy Vegetable Burrito, Criss-Cross Potatoes
(v) Filled Jacket Potato Choice
(v) Egg Mayo and Cress Soft Bag
Milkshake Carton

On the side...

Vegetable Sticks/Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v) Gluten Free Mini Doughnut
(v) Organic Yoghurt or Fresh Fruit

Week two

Week Commencing: 20/5, 17/6, 8/7, 9/9, 30/9, 21/10.

Main meal...

MEAT FREE MONDAY

(v) Cheese & Tomato Pizza Wedge (v) Vegan Country Bake, lightly bread crumbed vegetable pattie with vegan cheese.
Baked Potato Wedges
(v) Filled Jacket Potato Choice
(v) Cheddar Cheese Sandwich
Radnor Juice Carton

MONDAY

On the side...

Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day

Baked Beans

For dessert...

(v,h) Homemade Chocolate Cracknel
(v) Organic Yoghurt or Fresh Fruit

Main meal...

Organic Beef Grill in a High Fibre Bun, Crispy Potatoes (v,h) Cheesy Pasta Bake, Malted Wheat Baguette
(v) Filled Jacket Potato Choice
British Turkey Wrap
Radnor Juice Carton

TUESDAY

On the side...

Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day

For dessert...

Jelly with Fruit or (v) Ice Cream Tub
(v) Organic Yoghurt, (v) Raisin Box
or Fresh Fruit

WEDNESDAY

OUR ROAST OF THE DAY

Roast Chicken Fillet or Joint, Gravy and Crispy Roast Potatoes (v,h) Mild and Creamy Vegetable Korma with Rice
(v) Filled Jacket Potato Choice
Tuna Mayonnaise Soft Bag
Milkshake Carton

On the side...

Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Up Beet Chocolate Cake with Hot Chocolate Sauce
(v) Organic Yoghurt or Fresh Fruit

Main meal...

(h) Organic Beef Chilli (v) Veggie Hot Dog
Nacho Seasoned Potato Wedges
(v) Filled Jacket Potato Choice
British Chicken Soft Bag
Milkshake Carton

THURSDAY

On the side...

Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Melting Moment Biscuit
(v) Organic Yoghurt or Fresh Fruit

Main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fingers with Chipped Potatoes (v,h) Cheesy Tomato Risotto, Malted Wheat Baguette
(v) Filled Jacket Potato Choice
(v) Cheddar Cheese Wrap
Radnor Juice Carton

FRIDAY

On the side...

Vegetable Sticks/Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v,h) Favourite Fruit Muffin
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

Week three

Week Commencing: 3/6, 24/6, 15/7, 16/9, 7/10, 4/11.

Main meal...

Organic Pork Meatballs, Rich Tomato Gravy and Pasta (v,h) Quorn Korma with Wholegrain Rice
(v) Filled Jacket Potato Choice
(v) Cheddar Cheese Soft Bag
Radnor Juice Carton

MONDAY

On the side...

Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Homemade Fruity Flapjack
(v) Organic Yoghurt or Fresh Fruit

Main meal...

(h) Pasta with Peas and Bacon (v,h) Pizza Fillet, quorn fillet topped with rich rustic tomato sauce and melted cheese.
Dry Roasted New Potatoes or Garlic Bread
(v) Filled Jacket Potato Choice
British Roast Chicken Wrap
Milkshake Carton

TUESDAY

On the side...

Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Homemade Sponge with Fruit in Juice
(v) Organic Yoghurt or Fresh Fruit

OUR ROAST OF THE DAY

British Roast Beef, Yorkshire Pudding, Gravy, Crispy Roast Potatoes (v,h) Broccoli and Sweetcorn Pasta Bake, Malted Wheat Baguette
(v) Filled Jacket Potato Choice
Sliced Ham Soft Bag
Radnor Juice Carton

WEDNESDAY

On the side...

Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Jam Tart and Custard
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

Main meal...

(h) Homemade Chicken Pie, Gravy, Creamy Mash or Crispy Potatoes (v) Sticky Barbeque Veggie Sausages, Creamy Mash or Crispy Potatoes
(v) Filled Jacket Potato Choice
Tuna Mayonnaise Sandwich
Radnor Juice Carton

THURSDAY

On the side...

Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Cheddar Cheese, Crackers & Apple (v,h) Carrot and Orange Cookie
(v) Organic Yoghurt or Fresh Fruit

Main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fillet with Chipped Potatoes (v,h) Quorn Nuggets with Rainbow Rice
(v) Filled Jacket Potato Choice
(v) Cheddar Cheese Soft Bag
Radnor Juice Carton

FRIDAY

On the side...

Vegetable Sticks/Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v,h) Homemade Vanilla Krispy Bar
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

(v) Vegetarian Option (h) Homemade (msc) Certified Sustainable Seafood