

## Week 1

WEEK COMMENCING: 16TH APR/7TH MAY/28TH MAY/9TH JULY/3RD SEP/24TH SEP/15TH OCT

### MONDAY

BBQ Chicken with Rice

Rainbow Frittata

Jacket Potato with Tuna Mayo  
Beans, Cheese, or Coleslaw

Carrots  
Peas

Ice Cream

### TUESDAY

Lasagne

Vegetable Chow Mein

Jacket Potato with Tuna Mayo  
Beans, Cheese, or Coleslaw

Cauliflower  
Green Beans

Fruit Salad

### WEDNESDAY

Roast Chicken  
with Roast Potatoes & Gravy

Vegetarian Toad in the Hole  
with Roast Potatoes & Gravy

Jacket Potato with Tuna Mayo  
Beans, Cheese, or Coleslaw

Broccoli  
Carrots

Peach Crumble with Custard

### THURSDAY

Tuna Pasta Bake

Mediterranean Vegetable Pizza

Jacket Potato with Tuna Mayo  
Beans, Cheese, or Coleslaw

Coleslaw  
Sweetcorn

Carrot Cake

### FRIDAY

Fish Fingers & Chips

Vegetarian Burger with Chips

Jacket Potato with Tuna Mayo  
Beans, Cheese, or Coleslaw

Baked Beans  
Peas

Lemon & Courgette Muffin

## Week 2

WEEK COMMENCING: 23RD APR/14TH MAY/4TH JUNE/25TH JUNE/16TH JULY/10TH SEP/1ST OCT/22ND OCT

### MONDAY

Sausage with Mash & Gravy

Vegetarian Hot Dog

Jacket Potato with Tuna Mayo  
Beans, Cheese, or Coleslaw

Green Beans  
Sweetcorn

Apple & Berry Crumble  
with Custard

### TUESDAY

Cottage Pie

Macaroni Cheese & Sweetcorn

Jacket Potato with Tuna Mayo  
Beans, Cheese, or Coleslaw

Carrots  
Peas

Fruit Salad

### WEDNESDAY

Roast Chicken  
with Roast Potatoes & Gravy

Vegetarian Sausage  
with Roast Potatoes & Gravy

Jacket Potato with Tuna Mayo  
Beans, Cheese, or Coleslaw

Broccoli  
White Cabbage

Peach Fool & Shortbread

### THURSDAY

Turkey & Leek Pie  
with Boiled Potatoes

Margherita Popeye Pizza

Jacket Potato with Tuna Mayo  
Beans, Cheese, or Coleslaw

Sweetcorn  
Vegetable Medley

Jelly with Ice Cream

### FRIDAY

Battered Fish & Chips

Vegetable Tikka with Rice

Jacket Potato with Tuna Mayo  
Beans, Cheese, or Coleslaw

Baked Beans  
Peas

Chocolate & Orange Brownie  
with Custard

## Week 3

WEEK COMMENCING: 30TH APR/21ST MAY/11TH JUNE/2ND JULY/23RD JULY/17TH SEP/8TH OCT

### MONDAY

Chicken Curry with Rice

Cheese & Vegetable Puff  
with Crushed Potatoes

Jacket Potato with Tuna Mayo  
Beans, Cheese, or Coleslaw

Carrots  
Green Beans

Pear & Berry Crumble with Custard

### TUESDAY

Bolognese

Shepherdess Pie

Jacket Potato with Tuna Mayo  
Beans, Cheese, or Coleslaw

Cauliflower  
Peas

Strawberry Jelly & Mandarins

### WEDNESDAY

Roast Turkey  
with Roast Potatoes & Gravy

Roasted Soya Strips  
with Roast Potatoes & Gravy

Jacket Potato with Tuna Mayo  
Beans, Cheese, or Coleslaw

Carrots  
Green Beans

Frozen Strawberry Yoghurt

### THURSDAY

Chicken & Sweetcorn Pizza

Neopolitan Pasta

Jacket Potato with Tuna Mayo  
Beans, Cheese, or Coleslaw

Roasted Vegetables  
Sweetcorn

Fruit Salad

### FRIDAY

Fish Fingers & Chips

Vegetable Caribbean Curry  
with Rice

Jacket Potato with Tuna Mayo  
Beans, Cheese, or Coleslaw

Baked Beans  
Peas

Chocolate & Courgette Cake

## The Guide to Goodness

AT LEAST 50% FRUIT

Many of our homemade desserts contain at least 50% fruit!



The fish we serve is from well-managed and sustainable fisheries.



Over 75% of our dishes are made fresh on site today from fresh ingredients.



We use wholegrain flour and serve wholemeal bread.



Where possible we use ingredients sourced from local producers.