

## Week one

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

Monday

Choose a main meal...

Tomato & Mozzarella Pizza<sup>v</sup> (M) (H)

Chinese Style Veg Rice<sup>v</sup> (V)

Jacket Potato with Cheese & Beans<sup>v</sup> (A)

on the side...

Broccoli

Sweetcorn

for dessert...

Mango Frozen Yoghurt

Tuesday

Choose a main meal...

Chicken Tikka Masala & Rice<sup>\*\*</sup> (M) (H)

Vegetable Pasta Bolognese<sup>v</sup> <sup>\*\*</sup> (V)

Jacket Potato with Tuna Mayo (A)

on the side...

Green Beans

Mediterranean Vegetables

for dessert...

Pineapple & Peach Crumble with Custard \*

Wednesday

Choose a main meal...

Roast Gammon (M) or Roast Chicken (H) with Roast Potatoes & Gravy

Sweet Potato & Chickpea Roast with Roast Potatoes & Gravy<sup>v</sup> (V)

Cheese Sandwich Lunch<sup>v</sup> (A)

on the side...

Carrots

Cabbage

for dessert...

Fruity Apricot Bar \*

Thursday

Choose a main meal...

BBQ Beef Meatballs (M) or Chicken Meatballs (H) with Pasta<sup>\*\*</sup>

Sweetcorn Tortilla Pie with Rice<sup>v</sup> <sup>\*\*</sup> (V)

Jacket with BBQ Beans<sup>v</sup> (A)

on the side...

Peas

Roasted Seasonal Vegetables

for dessert...

Shortbread Biscuit

Friday

Choose a main meal...

Crispy Salmon & Chips (M) (H)

Veggie Hotdog with Chips<sup>v</sup> (V)

Quorn Dipper & Chips<sup>v</sup> (A)

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...

Tomato & Mozzarella Pizza<sup>v</sup> (M) (H)

Mediterranean Tart with Pesto Pasta<sup>v</sup> (V)

Veg & Chickpea Wrap<sup>v</sup> (A)

on the side...

Crunchy Coleslaw

Peas

for dessert...

Chocolate Sponge Cake with Custard

Choose a main meal...

Pork Sausages (M) or Vegetarian Sausages<sup>v</sup> (V) with Creamy Mash

or Chinese Chicken Noodle (H)

Quorn Balls in Tomato Sauce with Pasta<sup>v</sup> (A)

on the side...

Roasted Peppers & Sweetcorn

Baked Beans

for dessert...

Oat Cookie with Fruit Slices\*

Choose a main meal...

Roast Turkey (M) or Roast Chicken (H) with Roast Potatoes & Gravy

Cauliflower & Creamed Corn Bake with Roast Potatoes<sup>v</sup> (V)

Egg Mayo Sandwich Lunch<sup>v</sup> (A)

on the side...

Cabbage

Carrots

for dessert...

Strawberry Frozen Yoghurt

Choose a main meal...

Beef Pasta Bolognese (M) (H)

Mild Chickpea Curry with Rice<sup>v</sup> <sup>\*\*</sup> (V)

Jacket Potato with Grated Cheese (A)

on the side...

Broccoli

Sweetcorn

for dessert...

Melon & Orange Wedges

Choose a main meal...

Crispy Fish & Chips (M) (H)

Baked Bean Omelette with Chips<sup>v</sup> (V)

BBQ Quorn Burger with Chips<sup>v</sup> (A)

on the side...

Peas

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<sup>v</sup> (M) (H)

Vegetable Korma with Rice<sup>v</sup> <sup>\*\*</sup> (V)

Jacket Potato with Cheese & Beans<sup>v</sup> (A)

on the side...

Broccoli

Carrots

for dessert...

Fruit Yoghurt Crunch

Choose a main meal...

Chicken & Sweetcorn Pie with New Potatoes (M) (H)

Shepherdess Pie<sup>v</sup> (V)

Jacket Potato with Tuna (A)

on the side...

Peas

Mediterranean Vegetable

for dessert...

Lemon Drizzle Cake

Choose a main meal...

Roast Chicken (M) or Roast Turkey (H) with Roast Potatoes & Gravy

Quorn Roast with Roast Potatoes & Gravy<sup>v</sup> (V)

Cheese Sandwich Lunch<sup>v</sup> (A)

on the side...

Carrots

Cabbage

for dessert...

Blueberry Frozen Yoghurt

Choose a main meal...

Beef Burger in a Bun & Wedges (M) (H)

Vegetable Lasagne Homemade Garlic & Herb Bread<sup>v</sup> (A)

Vegetarian Paella<sup>v</sup> (A)

on the side...

Roasted Summer Vegetable Medley

Sweetcorn

for dessert...

Apple & Blackberry Crumble with Custard

Choose a main meal...

Golden Fish Fingers & Mash (M) (H)

Sweet Potato & Chickpea Burger & Mash<sup>v</sup> (V)

Jacket Potato with Cheese & Beans<sup>v</sup> (A)

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

ALL OUR BEE 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

