

Spring/Summer 2015

Week commencing

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1
05/01/15
26/01/15
23/02/15
16/03/15
20/04/15
11/05/15
08/06/15
29/06/15
20/07/15

Baked Sausages with Mash
OR
Veggie Sausage with Mash
OR
Grated Cheddar Salad with Bread
.....
Seasonal Vegetables
.....
Chocolate Sponge & Custard

Baked Lasagne
OR
Wholewheat Macaroni Cheese
OR
Vegetable Soup with Filled Baguette
.....
Chunky Bread, Seasonal Vegetables & Mixed Salad
.....
Fruit Muffin

Roast Gammon with Gravy
OR
Vegetable Burger in Bun
OR
Jacket Potato with Cheese & Beans
.....
Roast Potatoes, Seasonal Vegetables
.....
Yoghurt

Cottage Pie with Gravy
OR
Veggie Cottage Pie
OR
Tomato Soup with Filled Baguette
.....
New Potatoes, Seasonal Vegetables
.....
Fruit Crumble & Custard

Birds Eye Fish Fingers
OR
Jacket Potato Beans & Cheese
OR
Gammon Salad With Chips
.....
Baked Beans, Peas & Chips
.....
Chocolate Krispie Cake

Week 2
12/01/15
02/02/15
02/03/15
23/03/15
27/04/15
18/05/15
15/06/15
06/07/15

Ham & Pineapple Pizza (Wholewheat)
OR
Cheese & Tomato Pizza
OR
Tuna Mayo Jacket Potato
.....
Jacket Wedges, Seasonal Vegetables
.....
Shortbread Finger

Spaghetti Bolognese
OR
Savoury Pin Wheel
OR
Tomato Soup with Filled Baguette
.....
New Potatoes, Seasonal Vegetables
.....
Fruit Sponge & Custard

Roast Turkey with Gravy
OR
Mediterranean Flan
OR
Jacket Potato with Cheese & Salad
.....
Roast Potatoes, Seasonal Vegetables
.....
Jelly with Fruit

Chicken Meatballs with Rice
OR
Vegetarian Chilli with Rice
OR
Vegetable Soup with Filled Baguette
.....
Seasonal Vegetables
.....
Chocolate Crunch & Choc Sauce

Breaded Fish Fillet
OR
Roasted Vegetable Baguette
OR
Free Range Egg Salad with Chips
.....
Baked Beans, Peas & Chips
.....
Iced Lemon Sponge

Week 3
19/01/15
09/02/15
09/03/15
13/04/15
04/05/15
01/06/15
22/06/15
13/07/15

Beef Burger in Bap & Salad
OR
Roasted Vegetable & Sweetcorn Pizza
OR
Jacket Potato with Cheese & Salad
.....
Mixed Salad & Seasonal Vegetables
.....
Strawberry Mousse

Chicken Korma & Rice
OR
Veggie Korma with Rice
OR
Vegetable Soup with Filled Baguette
.....
Seasonal Vegetables
.....
Flapjack with Custard

Roast Pork with Gravy
OR
Quorn & Vegetable Curry
OR
Jacket Potato with Beans
.....
Roast Potatoes, Seasonal Vegetables
.....
Ice Cream

Chicken Pasta Bake
OR
Wholemeal Roasted Vegetable Tart
OR
Tomato Soup with Filled Baguette
.....
Diced Potatoes, Seasonal Vegetables
.....
Fruit Sponge & Custard

Harry Ramsden Battered Fish
OR
Veggie Sausage Hot Dog
OR
Salmon Salad with Chips
.....
Baked Beans, Peas & Chips
.....
Jelly with Fruit

Fresh bread, fresh fruit and drinking water available daily

The second choice each day is suitable for vegetarians. Our Pork is not locally sourced but outdoor reared and free range. The chicken, turkey and beef are all locally sourced. Fruit and vegetables are seasonal and where possible are also locally sourced. All our fish is MSC (marine stewardship council). All menu items are subject to availability.

