

## Week one

Monday

29/04 20/05 17/06 08/07 02/09 23/09 14/10

**Choose a main meal...**  
 Tomato & Mozzarella Pizza with Half Jacket ✓  
 Tomato & Basil Pasta with Bread Wedge ✓

**on the side...**  
 Crunchy Coleslaw  
 Peas

**for dessert...**  
 Flapjack with Fruit Slices

Tuesday

**Choose a main meal...**  
 Roast Chicken with Roast Potatoes & Gravy  
 Country Vegetable Pie with Roast Potatoes & Gravy ✓

**on the side...**  
 Carrots  
 Cauliflower

**for dessert...**  
 Brownie Cake

Wednesday

**Choose a main meal...**  
 BBQ Meatballs with Pasta  
 Veggie Hotdog with Wedges ✓

**on the side...**  
 Sweetcorn  
 Broccoli

**for dessert...**  
 Pear Upside Down Cake with Custard

Thursday

**Choose a main meal...**  
 Roast Gammon with Mash & Gravy  
 Cauliflower & Creamed Corn Bake with Mash & Gravy ✓

**on the side...**  
 Carrots  
 Cabbage

**for dessert...**  
 Ice-Cream Pot

Friday

**Choose a main meal...**  
 Salmon Fish Fingers with Chips  
 Quorn Dippers with Chips ✓

**on the side...**  
 Sweetcorn  
 Baked Beans & Mixed Salad

**for dessert...**  
 Berry Chill

## Week two

06/05 03/06 24/06 15/07 09/09 30/09 21/10

**Choose a main meal...**  
 BBQ Quorn Burger with Jacket Wedges ✓  
 Mac 'N' Cheese ✓

**on the side...**  
 Crunchy Coleslaw  
 Peas

**for dessert...**  
 Crunchy Chocolate Biscuit with Fruit Slices

**Choose a main meal...**  
 Pork Sausages with Mash & Gravy  
 Vegetarian Sausages with Mash & Gravy ✓

**on the side...**  
 Green Beans  
 Carrots

**for dessert...**  
 Strawberry Sponge Swirl

**Choose a main meal...**  
 Pasta Beef Bolognese  
 Quorn Balls in Tomato Sauce with Pasta ✓

**on the side...**  
 Broccoli  
 Sweetcorn

**for dessert...**  
 Chocolate Sponge Cake with Custard

**Choose a main meal...**  
 Roast Turkey with Roast Potatoes & Gravy  
 Quorn Roast with Roast Potatoes & Gravy ✓

**on the side...**  
 Cabbage  
 Carrots

**for dessert...**  
 Oatie Cookie with Fruit Slices

**Choose a main meal...**  
 Crispy Fish & Chips  
 Baked Bean & Cheese Quesadilla with Chips ✓

**on the side...**  
 Peas  
 Baked Beans & Mixed Salad

**for dessert...**  
 Ice-Cream Pot

## Week three

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13/05 10/06 01/07 22/07 16/09 07/10

**Choose a main meal...**  
 Tomato & Mozzarella Pizza with Potato Wedges ✓  
 Chinese Style Veggie Rice ✓

**on the side...**  
 Broccoli  
 Sweetcorn

**for dessert...**  
 Chocolate Shortbread with Fruit Slices

**Choose a main meal...**  
 Roast Chicken with Roast Potatoes & Gravy  
 Quorn Roast with Roast Potatoes & Gravy ✓

**on the side...**  
 Carrots  
 Cabbage

**for dessert...**  
 Lemon Drizzle Cake

**Choose a main meal...**  
 Beef Burger in a Bun with Potato Wedges  
 Sweet Potato & Chickpea Burger with Potato Wedges ✓

**on the side...**  
 Crunchy Coleslaw  
 Sweetcorn

**for dessert...**  
 Apple & Berry Crumble with Custard

**Choose a main meal...**  
 Roast Turkey with Mash & Gravy  
 Cheesy Bubble & Squeak with Mash & Gravy ✓

**on the side...**  
 Cauliflower  
 Carrots

**for dessert...**  
 Ice-Cream Tub

**Choose a main meal...**  
 Golden Fish Fingers & Chips  
 Vegetable Lasagne with Chips ✓

**on the side...**  
 Baked Beans  
 Peas & Mixed Salad

**for dessert...**  
 Peach Slice

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 have a fresh salad bar available daily  
 Assorted Jacket Potatoes are available daily, as well as Fresh Fruit & Yoghurt

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

