

# Week one

05/06 26/06 17/07 11/09 02/10 23/10

Jacket potatoes are available every day.

# Week two

12/06 03/07 24/07 18/09 09/10

If you don't fancy dessert, you can always enjoy fresh fruit or yoghurt.

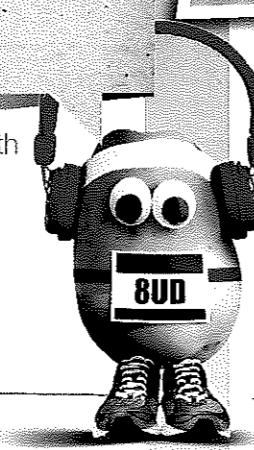
# Week three

19/06 10/07 04/09 25/09 16/10

Monday

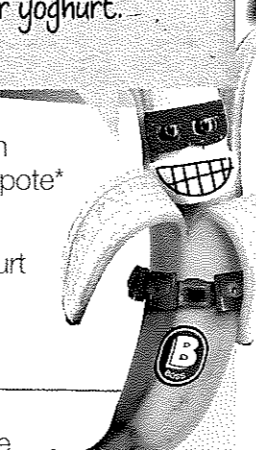
Traditional Pasta Beef Bolognese\*\* with Sweetcorn & Broccoli  
Homemade Cheese & Tomato Pizza v with Baked Wedges, Sweetcorn & Broccoli

Mini Brownie with Banana Slices\*  
Fresh Fruit  
Fruit Yoghurt



Homemade Pizza Topped with Tomato & Mozzarella Baked Potato Wedges, Sweetcorn & Broccoli  
Tomato & Basil Pasta\*\* v with Sweetcorn & Broccoli

Yoghurt with Peach Compote\*  
Fresh Fruit  
Fresh Yoghurt



Homemade Cheese & Tomato Pizza with Baked Potato Wedges, Broccoli & Sweetcorn  
Mild Mexican Vegetable Chilli v with Wholegrain Rice\*\* Broccoli & Sweetcorn

Fruity Picnic Bar\*  
Fresh Fruit  
Fruit Yoghurt

Tuesday

Pork Meatballs in Tomato Sauce with Wholegrain Rice\*\* Baton Carrots & Garden Peas  
Macaroni Cheese v with Baton Carrots & Garden Peas

Fruity Delight\*  
Fresh Fruit  
Fruit Yoghurt

Local Sausages with Mashed Potatoes, Gravy, Garden Peas & Leeks  
Vegetable Lasagne v with Garden Peas & Leeks

Fruit Sponge Cake with Custard\*  
Fresh Fruit  
Fruit Yoghurt

Shepherds Pie with Leeks & Carrots  
Vegetarian Sausages v with Mashed Potatoes, Gravy, Leeks & Carrots

Yoghurt with Pear & Blackcurrant Compote\*  
Fresh Fruit  
Fruit Yoghurt

Wednesday

Local Turkey with Roast Potatoes, Gravy, Cauliflower & Green Beans  
Quorn Roast v with Creamed Potatoes, Gravy, Cauliflower & Green Beans

Yoghurt with Peach Compote\*  
Fresh Fruit  
Fruit Yoghurt

Roast Turkey with Minted New Potatoes, Gravy, Spring Cabbage & Baton Carrots  
Savoury Cheese Quiche v with Minted New Potatoes, Spring Cabbage & Baton Carrots

Oatie Biscuit & Fruit Platter\*  
Fresh Fruit  
Fruit Yoghurt

Roast Pork Loin with Roast Potatoes, Gravy, Cabbage & Cauliflower  
Country Vegetable Pie v with Roast Potatoes, Cabbage & Cauliflower

Apple Crumble with Custard\*  
Fresh Fruit  
Fruit Yoghurt

Thursday

Cottage Pie with Sweetcorn & Spring Cabbage  
Vegetarian Meatballs in a Tomato Sauce v with Wholegrain Rice\*\* Sweetcorn & Spring Cabbage

Fruity Apricot Bar\*  
Fresh Fruit  
Fruit Yoghurt

Chicken Thigh in a Tasty BBQ Sauce with Wholegrain Rice\*\* Green Beans & Sweetcorn  
Vegetable Korma v with Wholegrain Rice\*\* Green Beans & Sweetcorn

Tutti Frutti Yoghurt with Fruit Dippers\*  
Fresh Fruit  
Fruit Yoghurt

Homemade Breaded Chicken Fillet with Pasta Salad \*\* Green Beans & Sweetcorn  
Cheddar Cheese & Sweetcorn Quiche v with Minted New Potatoes, Green Beans & Sweetcorn

Berry Chill\*  
Fresh Fruit  
Fruit Yoghurt

Friday

Golden Fish Fillet Fingers with Chips, Baked Beans, Garden Peas & Baton Carrots  
Baked Bean & Cheese Bubble & Squeak v with Chips, Baked Beans, Garden Peas & Baton Carrots

Chocolate and Banana Muffin\*  
Fresh Fruit  
Fruit Yoghurt

Crispy Battered Fillet of Fish with Chips, Baked Beans, Garden Peas & Baton Carrots  
Bean & Chive Frittata v with Chips, Baked Beans, Garden Peas & Baton Carrots

Cool Ice Cream Pot with Mandarin Segments\*  
Fresh Fruit  
Fruit Yoghurt

Breaded Salmon Fillet or Golden Fish Fillet Fingers with Chips, Baked Beans, Garden Peas & Baton Carrots  
Quorn Burger v with Tomato Relish, Chips, Baked Beans, Garden Peas & Baton Carrots

Peach Sponge with Custard\*  
Fresh Fruit  
Fruit Yoghurt

Cool water, organic milk and fruit juice served daily \*Fruit based \*\*Wholegrain.  
Sandwiches with a choice of fillings available daily, we have a fresh seasonal salad bar and homemade 50/50 bread available daily.  
Wherever possible we cater for special dietary requests, please speak to your Catering Manager.



There is a vegetarian choice every day... and don't forget that salad is available daily.

Keep yourself topped up with water - it will help you concentrate all day long.

