

Week one

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

Monday

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

Mini Brownie with Banana Slices*
Fresh Fruit
Fruit Yoghurt

Tuesday

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

Fruity Delight*
Fresh Fruit
Fruit Yoghurt

Wednesday

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

Yoghurt with Peach Compote*
Fresh Fruit
Fruit Yoghurt

Thursday

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

Fruity Apricot Bar*
Fresh Fruit
Fruit Yoghurt

Friday

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

Chocolate and Banana Muffin*
Fresh Fruit
Fruit Yoghurt

Jacket potatoes are available *every day*.

Week two

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

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

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

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

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

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

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

Yoghurt with Peach Compote*
Fresh Fruit
Fresh Yoghurt

Fruit Sponge Cake with Custard*
Fresh Fruit
Fruit Yoghurt

Oatie Biscuit & Fruit Platter*
Fresh Fruit
Fruit Yoghurt

Tutti Frutti Yoghurt with Fruit Dippers*
Fresh Fruit
Fruit Yoghurt

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

Week three

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

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

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

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

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

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

Fruity Picnic Bar*
Fresh Fruit
Fruit Yoghurt

Yoghurt with Pear & Blackcurrant Compote*
Fresh Fruit
Fruit Yoghurt

Apple Crumble with Custard*
Fresh Fruit
Fruit Yoghurt

Berry Chill*
Fresh Fruit
Fruit Yoghurt

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*.

