

WEEK 3

W/C: 01/05, 22/05, 12/06, 03/07, 24/07, 04/09, 25/09, 16/10



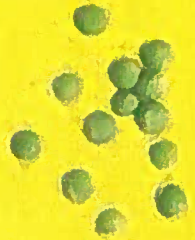
THREE WEEK MENU

SPRING/SUMMER 2023

£2.65

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN

YOUR
FAVOURITES
AVAILABLE
EVERY DAY



Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Cheese and Tomato Pizza Served with Potato Wedges	Mexican Beef Tortilla Pie Served with Wholegrain Rice	Roast Pork Served with Diced Potatoes and Gravy	Butter Chicken Curry Served with Wholegrain Rice	Southern Fried Chicken Served with Chips
JACKET POTATO	Vegetarian Bolognese Served with Wholemeal Pasta	Mexican Vegetarian Tortilla Pie Served with Wholegrain Rice	Cheesy Ploughman's Picnic Plate Served with Bread	Macaroni Cheese	Tomato Vegetable Burger Served with Chips
DESSERT	Mango Frozen Yoghurt	Berry Flapjack with Fruit	Chocolate Brownie with Fruit	Pineapple Upside Down Cake with Custard	Chocolate Milkshake and Shortbread

Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta

All main meals are served with two vegetables

PACKED LUNCH AVAILABLE

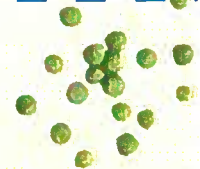
Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

WEEK 1

W/C: 17/04, 08/05, 29/05, 19/06, 10/07, 11/09, 02/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Cheese and Tomato Pizza Served with Potato Wedges	Pork Sausages Served with Mashed Potato and Gravy	Roast Turkey Served with Roast Potatoes and Gravy	Beef Bolognese Served with Wholemeal Pasta and Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
	Vegetable Pesto Pasta Bake	Macaroni Cheese	Roasted Vegetable Burtbean Crumble Served with Roast Potatoes and Gravy	Vegetarian Bolognese Served with Wholemeal Pasta	Vegetarian Dippers Served with Chips
JACKET POTATO	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings, including Salmon Mayonnaise	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta					
All main meals are served with two vegetables					
DESSERT	Vanilla Ice Cream	Hot Chocolate Sponge with Chocolate Custard	Strawberry Jelly with Fruit	Fruity Picnic Bar	Chocolate Ice Cream

PACKED LUNCH AVAILABLE
Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day



WEEK 2

W/C: 24/04, 15/05, 05/06, 26/06, 17/07, 18/09, 09/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Cheese and Tomato Pizza Served with Potato Wedges	Chinese Chicken and Vegetable Rice 	Roast Gammon Served with Roast Potatoes and Gravy	Beef Lasagne Served with Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
	Vegetable Pastry Roll Served with Potato Wedges	Cauliflower Macaroni Cheese 	Sweet Potato and Chickpea Roast Served with Roast Potatoes and Gravy	Vegetable Lasagne Served with Garlic and Herb Bread	Vegetarian Dippers Served with Chips
JACKET POTATO	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta					
All main meals are served with two vegetables					
DESSERT	Oat Chocolate Cookie with Fruit	Orange Jelly	Chocolate and Banana Marble Cake	Banana and Apricot Flapjack with Fruit	Strawberry Ice Cream

AVAILABLE EVERY DAY
Water, salad, freshly baked bread, yoghurt & fresh fruit



Vegetarian Oily Fish Wholegrain Fruity! Nutritionist's Choice