

## Week one

Monday

22/04 13/05 10/06 01/07 22/07 02/09 23/09 14/10

### Choose a main meal...

Tomato & Mozzarella Pizza with Pasta Salad ✓  
Chinese Style Veggie Rice ✓

### on the side...

Broccoli  
Mixed Salad

### for dessert...

Mango Frozen Yoghurt

Tuesday

### Choose a main meal...

Chicken, Pea & Potato Bake  
Veggie Hot Dog with Jacket Wedges ✓

### on the side...

Peas  
Sweetcorn

### for dessert...

Pear Upside Down Cake with Custard

Wednesday

### Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy  
Sweet Potato & Chickpea Roast with Roast Potatoes & Gravy ✓

### on the side...

Carrots  
Cabbage

### for dessert...

Flapjack with Fruit Slices

Thursday

### Choose a main meal...

BBQ Beef Meatballs with Pasta  
Vegetable Pasta Bolognese ✓

### on the side...

Green Beans  
Sweetcorn

### for dessert...

Berry Chill

Friday

### Choose a main meal...

Golden Fish Fingers with Chips  
Salmon Fish Fingers with Chips  
Quorn Dippers with Chips ✓

### on the side...

Peas  
Baked Beans

### for dessert...

Brownie Cake

## Week two

29/04 20/05 17/06 08/07 09/09 30/09

### Choose a main meal...

BBQ Quorn Burger with Jacket Wedges ✓  
Mediterranean Tart with Pesto Pasta ✓

### on the side...

Crunchy Coleslaw  
Mixed Salad

### for dessert...

Chocolate Sponge Cake with Custard

### Choose a main meal...

Pork Sausages with Creamy Mash  
Vegetarian Sausages with Creamy Mash ✓

### on the side...

Peas  
Baked Beans

### for dessert...

Strawberry Sponge Swirl

### Choose a main meal...

Roast Chicken with Roast Potatoes & Gravy  
Cauliflower & Creamed Corn Bake with Roast Potatoes ✓

### on the side...

Cabbage  
Carrots

### for dessert...

Cheese & Biscuits

### Choose a main meal...

Pasta Bolognese  
Mild Chickpea Curry with Rice ✓

### on the side...

Broccoli  
Sweetcorn

### for dessert...

Apple & Carrot Slice

### Choose a main meal...

Crispy Fish & Chips  
Baked Bean & Cheese Quesadilla with Chips ✓

### on the side...

Peas  
Tomato & Cucumber Salad

### for dessert...

Oatie Biscuit with Fruit Slices

## Week three

£2.30

06/05 03/06 24/06 15/07 16/09 07/10

### Choose a main meal...

Mac 'N' Cheese ✓  
Vegetable Korma with Rice ✓

### on the side...

Broccoli  
Carrots

### for dessert...

Peach Slice

### Choose a main meal...

Chicken & Sweetcorn Pizza with Jacket Wedges  
Cheesy Bubble & Squeak ✓

### on the side...

Peas  
Crunchy Salad

### for dessert...

Lemon Drizzle Cake

### Choose a main meal...

Roast Pork with Roast Potatoes & Gravy  
Quorn Roast with Roast Potatoes & Gravy ✓

### on the side...

Carrots  
Cabbage

### for dessert...

Blueberry Frozen Yoghurt

### Choose a main meal...

Chinese Chicken Rice  
Creamy Pesto Pasta ✓

### on the side...

Green Beans  
Sweetcorn

### for dessert...

Apple & Berry Crumble with Custard

### Choose a main meal...

Golden Fish Fingers & Chips  
Sweet Potato & Chickpea Burger with Chips ✓

### on the side...

Baked Beans  
Peas

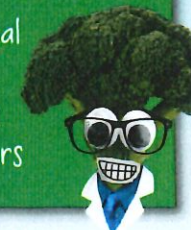
### for dessert...

Chocolate Shortbread with Fruit Slices

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 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



If your child receives or needs a special diet or allergen menu, please speak to your catering manager or contact us. Our special diets menu can be provided following documentation from medical professional. Jacket potatoes with assorted toppings, fruit and yoghurts available daily.

