

Friday

Thursday

Wednesday

Tuesday

Monday

Served w/c:
24th Apr, 15th May,
12th Jun, 3rd July, 24th July

WEEK 1

Served w/c:
1st May, 22nd May,
19th Jun, 10th July

WEEK 2

Served w/c
8th May, 5th Jun,
26th June, 17th July

WEEK 3

Bacon & Pea Pasta

- Broccoli & Carrots
- Tomato Bread
- Iced Banana Cake
- or Fresh Fruit

Minced Beef Tortilla Wrap

- Mixed Salad
- Sauté Potatoes
- Chocolate Cornflake Pudding
- or Fresh Fruit

Roast Pork Loin, Apple Sauce & Gravy

- Carrots & Summer Cabbage
- New Potatoes
- Sliced Wholemeal Bread
- Summer Fruit Crumble & Custard
- or Fresh Fruit

Chicken Waldorf with Rice

- Cauliflower & Green Beans
- Crusty White Bread
- Orange Brownie & Ice Cream
- or Fresh Fruit

Breaded Salmon Fillet with Tomato ketchup

- Carrot Sticks
- Peas
- Chipped Potatoes
- Sunflower Seed Bread
- Fresh Fruit, Salad & Yoghurt
- or Fresh Fruit



Succulent Strawberries - rich in Vitamin C, potassium, fibre, beta and fibre

Cheese & Tomato Pizza

- Peas & Sweetcorn
- Potato Wedges
- Pears & Ice Cream
- or Fresh Fruit

Organic Beefburger in a Seeded Bun

- Vegetable Sticks
- New Potatoes
- Summer Fruit Cheesecake
- or Fresh Fruit

Chicken Korma

- Broccoli & Cauliflower
- Savoury Brown Rice
- Naan Bread
- Lemon Drizzle Cake & Custard
- or Fresh Fruit

Pasta Bolognese

- Green Beans & Sweetcorn
- Herb Bread
- Digestive Biscuit, Cheese & Grapes
- or Fresh Fruit

Battered Fish Portion

- Peas & Carrots
- Chips
- Wholemeal Bread
- Berry Muffin + Custard
- or Fresh Fruit



Summer Cabbage - Excellent source of Vitamin C, low in calories and fat. Most popular variety is 'Heidel' also known as Sweetheart Cabbage.

Sausages

- Chips & Beans
- Broccoli
- Poppy Seed Bread
- Chewy Oat & Seed Bars and Cheese
- or Fresh Fruit

Beef Lasagne

- Mixed Salad
- Sunflower Seed Salad
- Garlic Bread
- Arctic Roll & Peaches
- or Fresh Fruit

Roast Chicken, Stuffing & Gravy

- Medley of Vegetables
- Roast Potatoes
- Pitta Bread
- Jam Sponge & Custard
- or Fresh Fruit

Meatballs in Creamy Tomato Sauce with Red Rice

- Sweetcorn & Courgette and Carrot Ribbon Salad
- Cheese Corn Bread
- Forest Fruit Flapjack
- or Fresh Fruit

Fish Fingers

- Vegetable Sticks & Peas
- Diced Potatoes
- Apricot & Seed Bread
- Fruit Fool & Shortbread Finger
- or Fresh Fruit



Tangy Blueberries - excellent source of nutrients essential for health



Tasty Tomatoes - very good source of Vitamin A and C

* Very occasionally due to circumstances beyond our control it may be necessary to change the menu.