

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken & Bacon Pasta Bake	Beef Burger in a Bun	Roast Pork with Homemade Apple Sauce & Gravy	Pepperoni Pizza & Wedges	Fish Fingers
Veggie	Cheese & Tomato Pasta Bake	Veggie Burger in a Bun	Broccoli & Cauliflower Cheese Bake	Margherita Pizza & Wedges	Cheese & Tomato Savoury Muffin
Sides	Mixed Vegetables and/or Salad Cucumber, Cherry Tomatoes	Coleslaw, Pasta Salad or Peas Cucumber, Cherry Tomatoes	Roast Potatoes, Carrots and Green Beans	Sweetcorn or Rice Salad, Cucumber & Carrot Stix	Chips, Beans and Peas Cucumber, Cherry Tomatoes
Jacket/ Roll	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham
Dessert	Cranberry & Oat Cookie or Fruit or Yoghurt	Chocolate & Vanilla Marble Sponge with Chocolate Custard or Fruit or Yoghurt	Strawberry Ice Cream & Homemade Berry Compot or Fruit or Yoghurt	Apricot Flapjack or Fruit or Yoghurt	Chocolate & Orange Muffins or Fruit or Yoghurt

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni Cheese & Garlic Bread	Pork Sausage in a Finger Roll	Roast Chicken Breast with Gravy	BBQ Chicken Pizza & Wedges	Salmon Fishcakes
Veggie	Homemade Red Onion, Cheese & Potato Pasty	Quorn Sausage in a Finger Roll	Mild Quorn Chilli & Rice	Margherita Pizza & Wedges	Veggie Burger
Sides	Sweetcorn & Beans, Carrot Batons & Cucumber	Roasted Baby New Potatoes, Coleslaw Cucumber, Cherry Tomatoes	Roast Potatoes, Carrots & Green Beans Cucumber, Cherry Tomatoes	Sweetcorn Noodle Salad, Carrot Batons or Cucumber	Wedges, Peas or Beans Cucumber, Cherry Tomatoes
Jacket	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham
Dessert	Lemon & Courgette Drizzle Muffin or Fruit or Yoghurt	Ginger Cake & Vanilla Custard or Fruit or Yoghurt	Vanilla Ice Cream & Strawberry Jelly or Fruit or Yoghurt	Sticky Chocolate & Courgette Slice or Fruit or Yoghurt	Carrot Muffin with Cream Cheese Frosting or Fruit or Yoghurt

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Mild Beef Chilli Enchilada	Chicken Breast in a Bun	Roast Gammon & Gravy	Ham & Cheese Pizza & Wedges	Fish Fillets in Breadcrumbs
Veggie	Quorn, Bean & Tomato Enchilada	Spicy Bean Burger in a Bun	Veggie Roast & Gravy	Margherita Pizza & Wedges	Cheese & Red Onion Frittata
Sides	Sweetcorn, Mixed Bean & Rice Salad, Carrot Batons, Cucumber	Broccoli Homemade Potato Salad Cucumber, Cherry Tomatoes	Roast Potatoes, Carrots & Green Beans Cucumber, Cherry Tomatoes	Mixed Vegetables and Couscous Salad	Chips, Beans & Peas
Jacket	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham
Dessert	Summer Fruit Muffin or Fruit or Yoghurt	Raspberry Flapjack or Fruit or Yoghurt	Chocolate Ice Cream & Vanilla Shortbread or Fruit or Yoghurt	Toffee Apple Muffin or Fruit or Yoghurt	Dream Chocolate Cookie or Fruit or Yoghurt

The Guide to Goodness



Many of our homemade desserts contain at least 50% fruit or hidden veg



The fish we serve is from well-managed and sustainable fisheries



Over 75% of our dishes are made fresh on site from fresh ingredients



All our pizza and pasta sauces are homemade and have hidden veg



Where possible we use ingredients sourced from local producers