



# WEEK 1

WEEKS STARTING 15/4 - 06/5- 03/6 - 24/6 - 15/7

## MEAL DEAL

£2.75

MAIN MEAL, A PIECE OF  
FRUIT OR YOGHURT OR  
250ML JUICE



## FOOD MENU

### MONDAY

SAUSAGES V (13)  
MASHED POTATO (7),  
RICH ONION GRAVY

MAC 'N' CHEESE,  
CRUNCHY ONION AND  
THYME TOPPING (2,7)

CARROTS AND GREEN  
BEANS

SEASONAL MIXED  
SALAD (9)

JACKET POTATO  
SERVED WITH FILLING  
OF THE DAY

### TUESDAY

SPICY GOCHUJANG  
CHICKEN WINGS,  
TOASTED SESAME  
(12,13)

CRISPY QUORN SPICY  
GOCHUJANG SAUCE V  
(4,12,13)

LOW MEIN NOODLES VE  
(2,13)

ASIAN RAINBOW SLAW,  
SOY, LIME AND GINGER  
(13)

JACKET POTATO  
SERVED WITH FILLING  
OF THE DAY

### WEDNESDAY

LEMON AND THYME  
ROASTED CHICKEN  
THIGH, ROAST  
POTATOES

FUSSILI PASTA (2) RICH  
TOMATO RAGU, FRESH  
BASIL (VE)

CAULFLOWER CHEESE  
(2,7) BABY CARROTS  
AND GARDEN PEAS

ROCKET SALAD,  
PARMESAN (7) AND  
BALSAMIC VINEGAR

JACKET POTATO  
SERVED WITH FILLING  
OF THE DAY

### THURSDAY

BEEF IN BLACK BEAN  
SAUCE (2,7,13), 50/50  
RICE

MEDITERRANEAN  
VEGETABLE LASAGNE V  
(2,7,13)

STEAMED BROCCOLI  
AND GREENS

SIMPLE ITALIAN SALAD

JACKET POTATO  
SERVED WITH FILLING  
OF THE DAY

### FRIDAY

BATTERED FISH FILET  
(5,2) AND CHUNKY  
CHIPS

HOMEMADE QUICHE OF  
THE DAY V (2,4,7)

MUSHY PEAS AND  
GARDEN PEAS

MIXED GREEN SALAD,  
CREAMY APPLE  
DRESSING (4,9,7)

JACKET POTATO  
SERVED WITH FILLING  
OF THE DAY

SELECTION OF HOMEMADE WRAPS, SANDWICHES, PANINIS AND SALADS  
FRESH FRUIT, YOGHURT AND DESSERT OF THE DAY  
**PLEASE CHECK FOR ALLERGENS**





# WEEK 2

WEEKS STARTING 22/4 - 06/5- 03/6 - 24/6 - 15/7

## MEAL DEAL

£2.75

MAIN MEAL, A PIECE OF  
FRUIT OR YOGHURT OR  
250ML JUICE



## FOOD MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PORK BAHN MI BURGER (2,4,5,13) SWEET POTATO FRIES AND SIRACHA MAYO	GREEK CHICKEN KEBAB WRAP (2,7) GARLIC YOGHURT SAUCE (4,7,9)	PINEAPPLE GLAZED ROAST GAMMON, GRAVY AND MASHED POTATOES (7)	SMOKY CAMPFIRE BEEF AND BEAN CHILLI, 50/50 RICE	SALMON GOUJONS (2,5) CHUNKY CHIPS
FUSSILI PASTA, SLOW COOKED TOMATO AND PEPPER SAUCE VE	GREEK VEGETABLE WRAP (2,7) GARLIC YOGHURT SAUCE (4,7,9)	PENNE PASTA, CREAMY BROCCOLI - SPINACH, MATURE CHEDDAR CHEESE TOPPING V (2,7)	SLOW COOKED VEGETABLE AND BEAN CHILLI V, 50/50 RICE	HOMEMADE QUICHE OF THE DAY V (2,4,7)
BROCCOLI AND SWEETCORN	CRISP HERBY DICED SKIN ON POTATOES AND ROASTED VEGETABLES	SEASONAL MIXED VEGETABLES	MEXICAN STREET CORN	STEAMED PEAS, SPRING CABBAGE AND MINT
CRUNCHY SWEET AND SOUR VEGETABLE SALAD, FRESH MINT	GREEK SALAD, OREGANO AND OLIVE OIL (7)	ICEBERG WEDGE, RANCH DRESSING (4,7,9)	NACHOS, SOUR CREAM (7) CHEDDAR CHEESE (7) SALSA FRESCA	WATERCRESS SALAD, HONEY AND BLACK PEPPER DRESSING (9)
JACKET POTATO SERVED WITH FILLING OF THE DAY	JACKET POTATO SERVED WITH FILLING OF THE DAY	JACKET POTATO SERVED WITH FILLING OF THE DAY	JACKET POTATO SERVED WITH FILLING OF THE DAY	JACKET POTATO SERVED WITH FILLING OF THE DAY

SELECTION OF HOMEMADE WRAPS, SANDWICHES, PANINIS AND SALADS  
FRESH FRUIT, YOGHURT AND DESSERT OF THE DAY

**PLEASE CHECK FOR ALLERGENS**





# WEEK 3

WEEKS STARTING 29/4 - 20/5- 17/6 - 24/6 - 08/7

## MEAL DEAL

£2.75

MAIN MEAL, A PIECE OF  
FRUIT OR YOGHURT OR  
250ML JUICE



## FOOD MENU

### MONDAY

SELECTION OF FRESHLY  
BAKED PIZZAS V (2,7)

SPAGHETTI WITH A RICH  
BOLOGNAISE SAUCE V  
(2,13) HOMEMADE  
FOCCACIA (2)

OVEN ROASTED  
MEDITERRANEAN  
VEGETABLES

CHOPPED ITALIAN  
SALAD

JACKET POTATO  
SERVED WITH FILLING  
OF THE DAY

### TUESDAY

SPICY CHICKEN  
QUESADILLA (2,4,7),  
SMASHED CUMIN ROAST  
POTATOES

SPICY BEAN  
QUESADILLA V 2,4,7),  
SMASHED CUMIN ROAST  
POTATOES

MEXICAN CORN SALAD

HOMEMADE SALSA ROJA  
AND SOUR CREAM

JACKET POTATO  
SERVED WITH FILLING  
OF THE DAY

### WEDNESDAY

TRADITIONAL BEEF AND  
LENTIL COTTAGE PIE (7)

PENNE PASTA (2)  
AUBERGINE AND  
ROASTED PEPPER  
SAUCE

PEAS, CARROTS AND  
CAULIFLOWER

PICKLED RED CABBAGE  
AND APPLE SALAD

JACKET POTATO  
SERVED WITH FILLING  
OF THE DAY

### THURSDAY

TANDOORI CHICKEN  
THIGH (7) BROWN RICE  
AND LENTIL PILAU

CAULIFLOWER PAKORA  
(2,4) BROWN RICE AND  
LENTIL PILAU

ROAST BUTTERNUT  
SQUASH AND  
CAULIFLOWER

INDIAN KACHUMBER  
AND RAITA (7)

JACKET POTATO  
SERVED WITH FILLING  
OF THE DAY

### FRIDAY

CRISPY CHUNKY FISH  
FILET (2,5) AND FRENCH  
FRIES

HOMEMADE QUICHE OF  
THE DAY V (2,4,7)

GARDEN PEAS AND  
BROCCOLI

BABY GEM AND CHERRY  
TOMATO SALAD,  
YOGHURT DRESSING

JACKET POTATO  
SERVED WITH FILLING  
OF THE DAY

SELECTION OF HOMEMADE WRAPS, SANDWICHES, PANINIS AND SALADS  
FRESH FRUIT, YOGHURT AND DESSERT OF THE DAY

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# BREAKFAST AND MID MORNING BREAK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CEREALS (2) FRUIT POTS YOGHURT (7) FRESH WHOLE FRUIT	CEREALS (2) FRUIT POTS YOGHURT (7) FRESH WHOLE FRUIT	CEREALS (2) FRUIT POTS YOGHURT (7) FRESH WHOLE FRUIT	CEREALS (2) FRUIT POTS YOGHURT (7) FRESH WHOLE FRUIT	CEREALS (2) FRUIT POTS YOGHURT (7) FRESH WHOLE FRUIT
TOASTED BAGEL (2) CROISSANT (2,7)	TOASTED BAGEL (2) CROISSANT (2,7)	TOASTED BAGEL (2) CROISSANT (2,7)	TOASTED BAGEL (2) CROISSANT (2,7)	TOASTED BAGEL (2) CROISSANT (2,7)
CHEESE PANINI (2,7)	SAUSAGE ROLL (2,7,13,14)	CHEESE AND HAM RAREBIT (2,7)	SAUSAGE ROLL (2,7,13,14)	PIZZA PANINI (2,7)
CROISSANT (2,7) BACON SANDWICH (2,14) SAUSAGE SANDWICH (2,14)	CROISSANT (2,7) BACON SANDWICH (2,14) SAUSAGE SANDWICH (2,14)	CROISSANT (2,7) BACON SANDWICH (2,14) SAUSAGE SANDWICH (2,14)	CROISSANT (2,7) BACON SANDWICH (2,14) SAUSAGE SANDWICH (2,14)	CROISSANT (2,7) BACON SANDWICH (2,14) SAUSAGE SANDWICH (2,14)
FRUIT POTS OVERNIGHT OATS (2,7) GRANOLA POTS (2,7) YOGHURT (7)	FRUIT POTS OVERNIGHT OATS (2,7) GRANOLA POTS (2,7) YOGHURT (7)	FRUIT POTS OVERNIGHT OATS (2,7) GRANOLA POTS (2,7) YOGHURT (7)	FRUIT POTS OVERNIGHT OATS (2,7) GRANOLA POTS (2,7) YOGHURT (7)	FRUIT POTS OVERNIGHT OATS (2,7) GRANOLA POTS (2,7) YOGHURT (7)
YOGHURT TOPPED BROWN RICE CAKE (7)	YOGHURT TOPPED BROWN RICE CAKE (7)	YOGHURT TOPPED BROWN RICE CAKE (7)	YOGHURT TOPPED BROWN RICE CAKE (7)	YOGHURT TOPPED BROWN RICE CAKE (7)

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