

Week 1 W/C: 15 Apr / 6 May / 3 Jun / 24 Jun / 15 Jul

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Ham Macaroni	Pork Sausage in a Roll	Roast Chicken Breast	Pepperoni Pizza	Breaded Fish
Veggie	Cheese & Tomato Pasta	Quorn Sausage in a Roll	Savoury Cheese Muffin	Margherita Pizza	Veggie Nuggets
Sides	Homemade Garlic Bread, Mixed Veg or Salad Bar	Sweetcorn, Homemade Coleslaw	Roast Potatoes, Broccoli, Baby Carrots, Veggie Gravy	Diced Potatoes & Sweetcorn	Chips, Beans & Peas
Jacket/Roll	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham
Dessert	Apple Flapjack, Fruit or Yoghurt	Victoria Sponge, Fruit or Yoghurt	Vanilla Shortbread & Vanilla Ice Cream, Fruit or Yoghurt	Toffee & Banana Muffin, Fruit or Yoghurt	Chocolate Crispie, Fruit or Yoghurt

Week 2 W/C: 22 Apr / 13 May / 10 Jun / 1 Jul / 22 Jul

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Burger in a Bun	Chicken & Bacon Pasta Bake	Pork Sausage Toad in the Hole & Gravy	BBQ Chicken Pizza	Fish Fingers
Veggie	Vegan Burger in a Bun	Cheese & Tomato Pasta Bake	Quorn Sausage Toad in the Hole & Veggie Gravy	Margherita Pizza	Baked Cheese & Tomato Wrap
Sides	Roasted Diced Potatoes, Mixed Veg or Salad Bar	Homemade Garlic Bread, Broccoli or Salad Bar	Roasted Potatoes, Baby Carrots, Green Beans or Salad Bar	Jacket Wedges, Sweetcorn or Salad Bar	Chips, Peas or Beans
Jacket	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham
Dessert	Vanilla Cheesecake & Homemade Berry Compot, Fruit or Yoghurt	Carrot Cake with Cream Cheese Frosting, Fruit or Yoghurt	Chocolate Ice Cream and Chocolate Shortbread, Fruit or Yoghurt	Strawberry Jelly & Fruit Cocktail, Fruit or Yoghurt	Rich Chocolate Cookie, Fruit or Yoghurt

Week 3 W/C: 29 Apr / 20 May / 17 Jun / 8 Jul

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Bolognese & Pasta	All Day Brunch	Roast Gammon & Gravy	Cheese & Ham Pizza	Cod Fish Bites
Veggie	Quorn Bolognese & Pasta	Veggie All Day Brunch	Savoury Welsh Onion Cake & Veggie Gravy	Margherita Pizza	Veggie Sausage Roll
Sides	Mixed Veg or Salad Bar	Baked Beans or Salad Bar	Roast Potatoes, Broccoli & Baby Carrots or Salad Bar	Jacket Wedges, Sweetcorn or Salad Bar	Chips, Peas or Beans
Jacket	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham
Dessert	Pip Organic Rainbow Lolly, Fruit or Yoghurt	Lemon Drizzle Cake, Fruit or Yoghurt	Strawberry Ice Cream & Berry Compot, Fruit or Yoghurt	Apple Cake & Squirry Cream, Fruit or Yoghurt	Chocolate Fudge Cake, 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