

Week One 25.04.22 16.05.22 13.06.22 04.07.22	Monday	Tuesday	Wednesday	Thursday	Friday	
Main	Pork Sausage Pasta Ragu	Ham and Cheese Panini	Roasted Chicken	Chicken Pilau Rice, Mint Dressing and Mini Naan	Fish, Chips and Beans	
Vegetarian	Tomato and Cannellini Bean Pasta	Cheese and Pineapple Toasted Sandwich	Broccoli, Tomato and Cheddar Quiche	Butternut Squash and Garden Pea Pasta	Cheddar and Spring Onion Quesadilla with Salad	
Garnish	Garlic Bread Crispy Salad Grated Cheese	Tomato and Cucumber Salad Cheese	Roast New Potatoes Cabbage, Carrots and Gravy	Chopped Salad, Wholemeal Croutons	Ketchup or Mayonnaise	
Dessert	Frube Yoghurt	Apple Cake	Strawberry Jelly	Strawberry and Apple Crumble with Custard	Fresh Fruit Selection	

Plated sandwich meal on Best of Both available daily; choice of ham, tuna mayo or cheese served with garnish and dessert

Jacket potato with cheese and beans available each day. Wholemeal bread available daily.

Choice of fruit or yoghurt available as an alternative to the dessert.



Week two 02.05.22 23.05.22 20.06.22 11.07.22	Monday	Tuesday	Wednesday	Thursday	Friday	
Main	Pork and Apple Burger	Fish Cakes	Slow Roasted Pork Shoulder with Crackling	Macaroni Cheese	Hand-rolled Margherita Pizza	
Vegetarian	Veggie Burger	Veggi Sausages	Cheesy Broccoli and Cauliflower Bake	Veggie Macaroni Cheese	Hand-rolled Margherita Pizza	
Garnish	Chips, Tomato Ketchup and Sweetcorn	Potato Wedges, Peas and Ketchup	Roasted New Potatoes, Cabbage, Carrots and Gravy	Salad & Garlic Bread	Potato Salad, Lettuce and Tomatoes	
Dessert	Frube Tube	Apple Crumble with Custard	Butterscotch Mousse	Jam & Coconut Sponge	Fresh Fruit Selection	

Plated sandwich meal on Best of Both available daily; choice of ham, tuna mayo or cheese served with garnish and dessert

Jacket potato with cheese and beans available each day. Wholemeal bread available daily.

Choice of fruit or yoghurt available as an alternative to the dessert.



Week Three 09.05.22 06.06.22 27.06.22 18.07.22	Monday	Tuesday	Wednesday	Thursday	Friday		
Main	Fish Fingers	Ham and Cheese Panini	Roasted Chicken	Mild, Creamy Chicken and Vegetable Korma	Hand-rolled Peperoni Pizza with Garlic Oil		
Vegetarian	Cheddar, Broccoli and Tomato Quiche	Cheese and Tomato Panini	Roasted Mediterranean Vegetable Quiche	Butternut Squash and Chickpea Curry	Cheddar and Spring Onion Quesadilla		
Garnish	Chips and Peas	Potato Wedges, Peas and Sweetcorn	Roast New Potatoes Broccoli, Carrots and Gravy	Two Tone Rice Mint Dressing	Fresh Potato and Spinach Salad		
Dessert	Frube Tube	Bramble Crumble with Custard	Strawberry Jelly	Flapjack	Fresh Fruit Selection		

Plated sandwich meal on Best of Both available daily; choice of ham, tuna mayo or cheese served with garnish and dessert

Jacket potato with cheese and beans available each day. Wholemeal bread available daily.

Choice of fruit or yoghurt available as an alternative to the dessert.



Menu Item	Celery	Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soy	Sulphur Dioxide / Sulphites	Nuts
Jacket Potato, Cheese and Beans							X							<u></u>
Jacket Potato, Tuna Mayonnaise,				X	X									1
Cheese burger, veggi burger. Tomato and sweetcorn relish, veggi sticks & Ketchup		X		Х			X							
Hand-rolled Margherita (or Pepperoni or Hawaiian) Pizza with Garlic Oil, & little Gems		X		Х			X							
Coleslaw				X										
Fish Finger Butty, Ketchup		X			X									
Roast Dinner (pork, beef & turkey) gravy, vegetables, and roast potatoes														
Hot dogs, chips and BBQ sauce		X					X							
Chicken, sweetcorn and Tomato Pasta or Tomato& cheese pasta. chopped salad, garlic Bread		X		X			X							
Cottage Pie & Gravy							X							
Bubble & Squeak & Gravy							X							
Mini yorkshire puddings		X		X			X							
Chicken faitja and mayo		X		Х										
Veggi Faitja and mayo		X					X							
Tomato and Cumber Greek Salad							Х							1
Cauliflower Cheese, Glazed Carrots and Broccoli		X					X							
Sausage and Gravy														
Mash potato														



Veggi sausage	X				
Meaty Mac or Macaroni Cheese, Broccoli and French Beans	X	X	X		
Chocolate Shortbread	X		X		
Flapjack					
Chips	X				
Banana Cake	X	X			
Angel delight	X		X		
Carrot Cake	X	X	X		
Honey Cake	X	X			
Strawberry & Orange Jelly					
Orange Cake	X	X	X		
Fresh Fruit					
Fruit Yoghurt			X		
Cheese Sandwich	X		X	X	
Ham Sandwich	X			X	
Tuna Sandwich	X	X		X	
Baked Beans					
Spaghetti hoops	X				

The 14 allergens are: **celery**, **cereals containing gluten** (such as barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide and sulphites** (if they are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).