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Spring Summer 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Chicken Curry served with boiled rice a refreshing cucumber salad (gf)	Pork and carrot meatballs in a rich homemade tomato sauce with pasta and freshly baked garlic bread	Homemade lamb mince pie served with creamy mashed potatoes, garden peas and gravy	Sweet chilli chicken wrap served with seasoned diced potatoes and carrot sticks	MSC Jumbo battered cod fish finger served with oven baked chipped potatoes and baked beans
Main meal	Quorn southern style burger served with Cajun spiced jacket wedges & a refreshing cucumber salad (v)	Vegan sausage roll served with paprika potatoes, sweetcorn and ketchup (pb)	Homemade cheesy pasta bake served with a fresh tomato, red onion and cucumber salsa (v)	Cheese & tomato pizza served with seasoned diced potatoes and Carrot sticks (v)	Homemade cheese quiche served with oven baked chipped potatoes and baked beans (pb)
Cold choice	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit	Freshly made wraps served with a mixed salad and vegetable batons	Freshly made finger roll served with mixed salad and ½ piece of fruit	Freshly made wholemeal sandwiches served with a mixed salad and vegetable batons	Freshly made wrap served with a mixed salad and ½ piece of fruit
Pudding	Iced smoothie tub (mango & orange or strawberry) (pb) Cheese & crackers Fresh fruits Yoghurts	Homemade Banoffee muffin (v) Cheese & crackers Fresh fruits Yoghurts	Gingerbread person (pb) served with strawberry milkshake Cheese & crackers Fresh fruits Yoghurts	Chocolate Brownie (v) Cheese & crackers Fresh fruits Yoghurts	Homemade yoghurt flan (v) Cheese & crackers Fresh fruits Yoghurt

A jacket potato served with a choice of 3 fillings per day (from tuna mayonnaise, baked beans and cheddar cheese)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Red tractor Pork sausages served with crispy hash browns and baked beans (v)(gf)	Italian style spaghetti beef Bolognese served with a homemade garlic dough ball	Chicken curry served with pilau rice and a mini onion bhaji (gf)	Red Tractor sliced Turkey served with homemade roasted potatoes, green beans and gravy (gf)	Crispy MSC pink salmon fish cake served with oven baked chipped potatoes and sweetcorn salsa (v)
Main meal	Folded omelette served with crispy hash browns and baked beans	Crispy crumbed vegetable quarter pounder served with oven baked jacket wedges, garden peas and tomato ketchup (pb)	Mexican style vegetable burrito served with seasoned potatoes and tomato Salsa (v)	Cheese and tomato pasta served with garlic bread and a fresh garden salad (v)	Classic pizza margherita served with oven baked chipped potatoes and sweetcorn salsa
Cold choice	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit	Freshly made finger roll served with a mixed salad and vegetable batons	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit	Freshly made wraps served with a mixed salad and vegetable batons	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit
Pudding	Raspberry ripple ice cream roll (v) Cheese & crackers Fresh fruits Yoghurts	Homemade frosted carrot cake (v) Cheese & crackers Fresh fruit Yoghurts	Shortbread biscuit (pb) served with strawberry milkshake Cheese & crackers Fresh fruits Yoghurts	Cornflake jam tart Cheese & crackers Fresh fruits Yoghurts	Freshly whipped chocolate mousse (gf) Cheese & crackers Fresh fruits Yoghurts

A jacket potato served with a choice of 3 fillings per day (from tuna mayonnaise, baked beans and cheddar cheese)

week
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Spring Summer 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Cheese & Tomato pizza served with potato waffles and baked beans (v)	Homemade sweet & sour chicken served with egg noodles and a mini spring roll	Red Tractor turkey grill in a bun served with oven baked jacket wedges, sweetcorn and tomato ketchup. (v)	Red Tractor roast gammon served with homemade roasted potatoes, mixed vegetables and gravy	Bird's Eye fish fingers served with oven baked chunky chipped potatoes and garden peas
Main meal	Quorn vegan nuggets served with potato waffles and baked beans (pb)	Vegan meatball sub served with crispy oven baked diced potatoes and rainbow salad (pb)	Quorn burger in a bun served with oven baked jacket wedges, sweetcorn and tomato ketchup.	Three bean chilli served with boiled white rice and wholemeal pitta bread (pb)	Homemade cheese quiche served with oven baked chunky chipped potatoes and garden peas (v)
Cold choice	Freshly made wraps served with a mixed salad and ½ piece of fruit	Freshly made wholemeal sandwiches served with a mixed salad and vegetable batons	Freshly made finger roll served with a mixed salad and ½ piece of fruit	Freshly made wraps served with a mixed salad and vegetable batons	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit
Pudding	Freshly made fruit salad (pb)(gf) Cheese & crackers Yoghurts	Oat and raisin cookie (pb) Cheese & crackers Fresh fruits Yoghurts	Vegan syrup sponge served with mango sorbet (pb) Cheese & crackers Fresh fruits Yoghurts	Orange and mandarin jelly topped with whipped cream (v) Cheese & crackers Fresh fruits Yoghurts	Lemon drizzle cake (v) Cheese & crackers Fresh fruits Yoghurts

A jacket potato served with a choice of 3 fillings per day (from tuna mayonnaise, baked beans and cheddar cheese)