

Week one

18/04 08/05 29/05 19/06 10/07

Monday

Choose a main meal...
Italian Chicken Margherita with Pasta**
Vegetarian Pasta Bolognese

on the side...
Rice Salad
Carrots and Peas

for dessert...
Ice Cream Pot
Fresh Fruit or Yoghurt

Tuesday

Choose a main meal...
Turkey Meatballs in Tomato Sauce with Pasta
Crunchy Topped Bean and Vegetable Bake

on the side...
Panzanella Salad
Green Beans and Cauliflower

for dessert...
Banana and Apple Crumble with Custard*
Fresh Fruit or Yoghurt

Wednesday

Choose a main meal...
Roast Beef with Crispy Spuds & Gravy
Leek and Cheese Bake

on the side...
Pasta Salad
Carrots and Cabbage

for dessert...
Cheese and Biscuits
Fresh Fruit or Yoghurt

Thursday

Choose a main meal...
Mild Mexican Chilli with Rice
Quorn Chow Mein with Noodles

on the side...
Potato Salad
Broccoli and Sweetcorn

for dessert...
Oatie Biscuit with Fruit Slices*
Fresh Fruit or Yoghurt

Friday

Choose a main meal...
Crispy Battered Fish & Chips
Vegetable Lasagne with Tomato and Herb Bread

on the side...
Asian Slaw
Baked Beans or Roasted Vegetables

for dessert...
Chocolate and Mandarin Sponge with Chocolate Sauce

Week two

24/04 15/05 05/06 26/06 17/07

Choose a main meal...
Minced Beef Pasta Bolognese**
New and Improved Macaroni Cheese

on the side...
Mixed Salad
Broccoli and Carrots

for dessert...
Strawberry Frozen Yoghurt
Fresh Fruit or Yoghurt

Choose a main meal...
Chicken Sausages with Mashed Potato
Vegetable Frittata with Mashed Potato

on the side...
Crunchy Coleslaw
Sweetcorn and Cabbage

for dessert...
Berry Flapjack
Fresh Fruit or Yoghurt

Choose a main meal...
Roast Beef with Crispy Spuds & Gravy
Cheesy Hotpot

on the side...
Apple, Cucumber and Celery Salad
Cauliflower and Peas

for dessert...
Mini Gingerbread Cake with Pear Slices*
Fresh Fruit or Yoghurt

Choose a main meal...
Jerk Chicken with Rice and Peas
Goan Vegetable Curry with Rice

on the side...
Mixed Bean Salad
Carrots and Green Beans

for dessert...
Fruit Crumble with Custard*
Fresh Fruit or Yoghurt

Choose a main meal...
Golden Fish Fingers and Chips
Quorn Burger with Chips

on the side...
Tomato and Cucumber Salad
Baked Beans or Roasted Vegetables

for dessert...
Fruit Jelly
Fresh Fruit or Yoghurt

If you don't fancy dessert, you can *always* enjoy fresh fruit or yoghurt.



Week three

01/05 22/05 12/06 03/07

Choose a main meal...
BBQ Chicken Pizza**
Cheese and Red Onion Quiche with New Potatoes

on the side...
Mixed Cabbage and Apple Salad
Green Beans or Roasted Vegetables

for dessert...
Mango Frozen Yoghurt
Fresh Fruit or Yoghurt

Choose a main meal...
Minced Beef Lasagne
Macaroni Cheese

on the side...
Pasta Salad
Carrots and Sweetcorn

for dessert...
Raspberry Loaf Cake*
Fresh Fruit or Yoghurt

Choose a main meal...
Roast Chicken with Crispy Spuds & Gravy
Quorn Sausages with Crispy Spuds & Gravy

on the side...
Crunchy Salad
Cauliflower and Broccoli

for dessert...
Chocolate Cripsy
Fresh Fruit or Yoghurt

Choose a main meal...
Chicken Tikka Masala with Rice
Quorn and Veggie Chow Mein with Noodles

on the side...
Beetroot, Carrot and Apple Salad
Peas and Carrots

for dessert...
Giant Crunchy Cookie
Fresh Fruit or Yoghurt

Choose a main meal...
Crumbed Salmon with Mashed Potato
Vegetarian Sausages with Mashed Potato

on the side...
Rice Salad
Baked Beans or Carrots

for dessert...
Apple Pie with Custard**
Fresh Fruit or Yoghurt

£1.90

We have a fresh salad bar available daily
All of our bread is baked fresh every day
We also offer packed lunches, please speak to your catering manager or contact us for more details
**Wholemeal *Fruit Based
Cool Water served daily



There is a vegetarian choice *every day...* and don't forget that salad is available *daily*.



Keep yourself topped up with water - it will help you concentrate *all day long*.

