

# Menu

Week 1

**Eat the Seasons**

- SEASONALLY FRESH, PERFECTLY PICKED -



Look for this logo on the menu to try a yummy seasonal special!

## Mains

HAPPY TUMS

## Veggie

MEAT FREE

## Veg

EXTRA GOOD

## Carbs

EXTRA FILLING

## Dessert

SWEET TREAT

MON

TUES

WED

THU

FRI

Homemade Sausage  
Rolls  
(G)

Soft Tacos and Slow  
Cooked Beef with  
Salsa and Sour  
Cream  
(G,Mk,Su)

Roast Gammon with  
Stuffing and Gravy  
(G)

Beef Burger  
(G)

Fish Fingers in a  
Wholemeal Bap  
with Tartar Sauce  
(G,F,E,Se)

Homemade  
Vegetarian Sausage  
Roll  
(G)

Veggie Quesadilla  
with Sour Cream  
and Salsa  
(Ce,G,Mk,Mu)

Roasted Vegetable  
and Cheddar Puff  
Pastry Turnover  
(G,E,Mk,Ce,Mu,So)

Vegetarian Burger  
(G)

Veggie Fingers in a  
Wholemeal Bap  
with Tartar Sauce  
(G,So,E,Se)

Cauliflower  
~~~  
Peas

Classic Coleslaw  
(E,Mk,Mu,Su)  
~~~  
Sweetcorn

Fresh Tender Carrots  
~~~  
Green Beans

Sweetcorn  
~~~  
BBQ Beans

Garden Peas  
~~~  
Baked Beans

Mashed Potato

Sweet Potato  
Wedges

Roast New  
Potatoes

Potato Wedges  
(G)

Oven Baked Chips

Eves Pudding with  
Custard  
(G,E,Mk,So)

Apricot Shortbread  
(G,Su)

Fruity Vegetarian  
Jelly

Banana and Sultana  
Flapjack  
(G)

Scooped Vanilla Ice  
Cream with  
Strawberry Sauce  
(Mk,Su)

*Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.*

**SPINACH**  
April

**NEW  
POTATOES**  
May

**PEAS**  
June

**STRAWBERRIES**  
July

**Dates**  
Insert dates here

## Allergens

Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals  
containing Gluten

L = Lupin  
Mk = Milk  
Mo = Molluscs

Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide

# Menu

Week 2

**Eat the Seasons**

- SEASONALLY FRESH, PERFECTLY PICKED -



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## Mains

HAPPY TUMS

## Veggie

MEAT FREE

## Veg

EXTRA GOOD

## Carbs

EXTRA FILLING

## Dessert

SWEET TREAT

MON

TUES

WED

THU

FRI

Sticky BBQ Chicken  
(G,So)

Dry Chicken Fajita  
(G)

Roast Turkey Breast  
with Gravy and  
Cranberry Sauce

Ham and Pineapple  
Pizza  
(G,Mk)

Battered Pollock  
Fillet, Lemon  
Wedge and Tartar  
Sauce  
(G,F,E)

Vegan Sticky BBQ  
Pieces  
(G,Mu)

Dry Veggie Fajita  
(G)

Homemade Pea,  
Spinach and  
Cheddar Cheese  
Quiche  
(G,E,Mk)

Cheese and Tomato  
Pizza  
(G,Mk)

Mixed Bean and  
Vegetable Burrito  
(G,Mk,Mu)

Baby Carrots  
~~~

Fresh Roasted  
Courgette

Garden Salad

Fresh Cauliflower  
~~~  
Green Beans

Sweetcorn  
~~~  
Fresh Broccoli  
Florets

Garden Peas  
~~~  
Baked Beans

Savoury Tomato  
Rice

Crispy Potato  
Wedges

Garlic and Herb  
Roasted Potatoes

Potato Wedges

Oven Baked Chips

Strawberry Jam  
Sponge with  
Custard  
(G,E,Mk)

Fresh Sliced Fruit  
Platter

Strawberry Jelly

Chocolate Brownie  
(G,E,Mk)

Lemon Blondie with  
Lemon Glaze  
(G,E)

*Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.*

**SPINACH**  
April

**NEW POTATOES**  
May

**PEAS**  
June

**STRAWBERRIES**  
July

**Dates**  
Insert dates here

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# Menu

Week 3

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## Veggie

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## Veg

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## Carbs

EXTRA FILLING

## Dessert

SWEET TREAT

MON

TUES

WED

THU

FRI

Mild Chicken Curry  
(Mk,So)

Wholemeal Penne  
Pasta with Beef  
Meatball  
Bolognese  
(G)

Roast Pork and  
Gravy

Pork Banger Hot  
Dog with Onions  
and Ketchup  
(G,Su,Se)

Fish Fingers with  
Tartar Sauce  
(F,G,E)

Mild Vegetable Curry

Potato Gnocchi  
with a Tomato  
and Roasted  
Vegetable Sauce  
(G,Mk,E,Mu,So)



Broccoli and  
Cheese Quiche  
(G,E,Mk)

Roasted Vegetable  
Sub Topped with  
Cheese  
(G,Mk,Se)

Veggie Fingers with  
Tartar Sauce  
(G,So,E)



Garden Peas

Fresh Broccoli

Roast Carrots

Sweetcorn



Garden Peas

Lightly Spiced Cauliflower  
(Mu)

Sweetcorn

Fresh Spring  
Greens and Leek

Carrots

Baked Beans

Brown Rice

Home Baked  
Garlic Focaccia  
(G)



Roasted New  
Potatoes

Potato Wedges

Oven Baked Chips

Banana and Date  
Flapjack  
(G)

Carrot Cake  
(G,E,Mk)

Fruity Vegetarian  
Jelly

Chocolate Marble  
Cake  
(G,E,Mk)

Scooped Ice Cream  
(Mk)

*Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.*

**SPINACH**

April

**NEW POTATOES**

May

**PEAS**

June

**STRAWBERRIES**

July

Dates

Insert dates here

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