

# Menu

Week 1

**Eat the Seasons**

- SEASONALLY FRESH, PERFECTLY PICKED -



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

MON

TUES

WED

THU

FRI

## Mains

HAPPY TUMS

Tomato and cheese  
Penne pasta  
(G,Mk)

Pepperoni and  
Mozzarella Focaccia  
Pizza  
(G,Mk)

Roast pork with  
gravy and apple  
sauce

Mild Mexican Beef  
Chilli Con Carne  
(G)

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

## Veggie

MEAT FREE

Vegan Sticky BBQ  
Pieces  
(G,Mu)

Tomato and  
Mozzarella Focaccia  
Pizza  
(G,Mk)

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

Mild Vegetable Chilli  
Non-Carne  
(G)

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

## Veg

EXTRA GOOD

Carrots  
Roasted Courgette

Garden Salad

Fresh Cauliflower  
~~~~  
Green Beans

Sweetcorn  
~~~~  
Fresh Broccoli  
Florets

Garden Peas  
~~~~  
Baked Beans

## Carbs

EXTRA FILLING

Savoury Tomato Rice

Crispy Potato  
Wedges

Roasted New  
Potatoes

Brown Rice

Oven Baked Chips

## Dessert

SWEET TREAT

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

Fresh Sliced Fruit  
Platter

Strawberry Jelly

Italian Pineapple  
Sponge Cake  
(G,E,Mk)

Cut fruit

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

## Dates

Apr 28, May 19,  
June 9, June 30

## 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



**SPINACH**  
April

**NEW POTATOES**  
May

**PEAS**  
June

**STRAWBERRIES**  
July

# Week 2 Menu

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## Mains

HAPPY TUMS

| MON                                                  | TUES              | WED                            | THU                                                      | FRI                                       |
|------------------------------------------------------|-------------------|--------------------------------|----------------------------------------------------------|-------------------------------------------|
| Wholemeal Penne and Veggie Mince Bolognese<br>(G,So) | Beef tacos<br>(G) | Thyme Roast Chicken with Gravy | Pork Banger Hot Dog with Onions and Ketchup<br>(G,Su,Se) | Fish Fingers with Tartar Sauce<br>(F,G,E) |

## Veggie

MEAT FREE

|                             |                                                                            |                                          |                                                       |                       |
|-----------------------------|----------------------------------------------------------------------------|------------------------------------------|-------------------------------------------------------|-----------------------|
| Mild Vegetable Curry<br>(G) | Potato Gnocchi with a Tomato and Roasted Vegetable Sauce<br>(G,Mk,E,Mu,So) | Spinach and Feta Spanakopita<br>(G,E,Mk) | Roasted Vegetable Sub Topped with Cheese<br>(G,Mk,Se) | Veggie Fingers<br>(G) |
|-----------------------------|----------------------------------------------------------------------------|------------------------------------------|-------------------------------------------------------|-----------------------|

## Veg

EXTRA GOOD

|                                        |                          |                                            |                                           |                         |
|----------------------------------------|--------------------------|--------------------------------------------|-------------------------------------------|-------------------------|
| Garden Peas Lightly Spiced Cauliflower | Fresh Broccoli Sweetcorn | Roast Carrots Fresh Spring Greens and Leek | Fresh Summer Salad Ratatouille Vegetables | Garden peas Baked Beans |
|----------------------------------------|--------------------------|--------------------------------------------|-------------------------------------------|-------------------------|

## Carbs

EXTRA FILLING

|            |                                   |                      |               |                  |
|------------|-----------------------------------|----------------------|---------------|------------------|
| Brown Rice | Home Baked Garlic Focaccia<br>(G) | Roasted New Potatoes | Potato Wedges | Oven Baked Chips |
|------------|-----------------------------------|----------------------|---------------|------------------|

## Dessert

SWEET TREAT

|           |                                                     |                         |                                   |                   |
|-----------|-----------------------------------------------------|-------------------------|-----------------------------------|-------------------|
| Cut fruit | Apple and Raisin Sponge with Custard<br>(G,E,Mk,So) | Fruity Vegetarian Jelly | Chocolate Marble Cake<br>(G,E,Mk) | Ice Cream<br>(Mk) |
|-----------|-----------------------------------------------------|-------------------------|-----------------------------------|-------------------|

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**Dates**  
May 5, May 26,  
June 16, July 7

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# Week 3 Menu

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|                               | MON                                                                                                                | TUES                                                         | WED                                                                                                    | THU                             | FRI                                                                                                            |
|-------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|---------------------------------|----------------------------------------------------------------------------------------------------------------|
| <b>Mains</b><br>HAPPY TUMS    | Cheese and tomato omelette (E,Mk)                                                                                  | Beef Burger in a Soft Bun with Tomato Relish (G,Se)          | Thyme roasted chicken with gravy                                                                       | Lamb and Pea Keema Curry        | Battered Pollock with Lemon Wedge and Tartar Sauce (G,F,E)                                                     |
| <b>Veggie</b><br>MEAT FREE    | Macaroni and Cheese with Butternut Squash, Sage and Cherry Tomato (G,E,Mk,So)                                      | Vegetarian Burger in a Soft Bun with Tomato Relish (G,So,Se) | Cheesy Leek and Carrot Crumble (G,Mk)                                                                  | Vegetable Keema Curry (So)      | Roasted Vegetable and Fajita Wrap (G,Mu)                                                                       |
| <b>Veg</b><br>EXTRA GOOD      |  Chefs Salad<br>Fresh Cauliflower | Classic Coleslaw (E,Mk,Mu,Su)<br>Sweetcorn                   | Green Beans<br>Fresh Carrots                                                                           | Fresh Broccoli<br>Tomato Sambal |  Garden Peas<br>Baked Beans |
| <b>Carbs</b><br>EXTRA FILLING | Home Baked Garlic Focaccia (G)                                                                                     | Potato Wedges                                                |  Roasted New Potatoes | Brown Rice                      | Oven Baked Chips                                                                                               |
| <b>Dessert</b><br>SWEET TREAT | Oaty Apple Crumble and Custard (G,Mk,E,So)                                                                         | Cut fruit                                                    | Strawberry Jelly                                                                                       | Lemon drizzle cake (E,G,So)     | Cut mixed fruit                                                                                                |

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

## Dates

May 12, June 2,  
June 23, Jul 14

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