

# 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



Peri-Peri Chicken with  
Lemon and Herb Sauce  
(G,Su,E,Ce)

Balance  
Beef Cottage Pie  
(G,So,Mk,Ce)

Roast Chicken Dinner With  
Stuffing and Chicken Gravy  
(G)

Quarter Pound Beef  
Burger  
in a Bun  
(G,Se,Su)

Battered Fish Fillet (G,F)  
or  
Battered Sausage  
(G,Su)  
or

## Veggie

MEAT FREE

Macaroni Cheese  
(G,Mk)

Balance  
Vegan Cottage Pie  
(G,So,Mk,Ce)

Roasted Root Vegetable  
Wellington with Stuffing  
and Vegetable Gravy  
(So,E,G)

Vegan Falafel Burger  
in a Bun  
(G,Se)

Vegan Homemade Pea  
and Potato Samosa (G)

## Veg

EXTRA GOOD



Salad  
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Peas

Green Beans  
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Root Vegetables

Fresh Tender Carrots

Mixed Tossed Salad  
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Fresh Broccoli



Garden Peas  
~~~

Baked Beans

## Carbs

EXTRA FILLING



Wholemeal Rice



Roast  
Potatoes

Paprika Roast New  
potatoes

Oven Baked Chips

## Dessert

SWEET TREAT



Yoghurt

Yoghurt

Yoghurt

Yoghurt

Yoghurt

Fruit

Fruit

Fruit

Fruit



Fruit

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

## Dates

21<sup>th</sup> April , 12<sup>th</sup>  
May, 2<sup>nd</sup> June 30<sup>th</sup>  
June 21<sup>st</sup> July

## 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