

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
~~~



Peas

Green Beans  
~~~

Root Vegetables

Fresh Tender Carrots

Mixed Tossed Salad
~~~

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

21th April , 12th
May, 2nd June 30th
June 21st 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



Menu

Week 2

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

Chicken Burger in a Bun
(G,E,Mk)

Slow Cooked Beef Lasagne
Topped with Mozzarella
(G,Mk,E)

Butchers Chicken Sausages with Onion Gravy
(G,Su)

Aziz's Chicken Biryani
(Mk,Mu)

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

Veggie Burger in a Bun
(G,So,E)

Mediterranean Vegetable Lasagne
Topped with Mozzarella
(G,Mk,E)

Grilled Vegan Sausages with Onion Gravy
(So)

Chickpea & Vegetable Biryani
(Mk,Mu)

Vegetable Spring Roll With Sweet and Sour Sauce (G,So)

Garden Salad
~~~  
Coleslaw  
(E)

Broccoli

Green Beans

Roasted Cauliflower  
~~~  
Onion Salad
(Su)

Garden Peas
~~~  
Baked Beans

Cajun Roast Potatoes  
(Mu)

Garlic Bread  
(G)

Creamy Mashed potatoes

Brown Rice

Oven Baked Chips

Yoghurt

Yoghurt

Yoghurt

Yoghurt

Yoghurt



Fruit

Fruit



Fruit

Fruit

Fruit

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

## Dates

28th April, 19th May,  
9th June, 7th July, 14th 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



# Menu

Week 3

**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

Chicken and Leek Pie  
with Puff Pastry  
(G,Mk)

Open Beef Burrito  
Sour cream  
(G,Mk,Mu)

BBQ Chicken Thigh  
(Su)

Classic Italian Beef  
Bolognese  
(G)

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

Baked Mac and Cheese  
with a Crunchy Topping  
(G,So,Mk)

Open Vegetable &  
Bean Burrito  
Sour cream  
(G,Mk,Mu)

Chickpea , Potato,  
Spinach Curry  
(MU)

Veggie Bolognese  
(So,G)

BBQ Veggie Hotdog  
(G,So,Su)



Broccoli

Sweetcorn &  
Peppers

Coleslaw (E)  
~~~~  
Green Beans

Mixed Salad
Steamed Carrots



Garden Peas
~~~~  
Baked Beans

New Potatoes

Wholemeal  
Coriander Rice

Wholemeal Rice  
~~~~  
Spiced Potatoes

Wholemeal
Spaghetti(G)

Oven Baked Chips

Yoghurt

Yoghurt

Yoghurt

Yoghurt

Yoghurt

Fruit

Fruit

Fruit

Fruit

Fruit

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

SPINACH
April

NEW POTATOES
May

PEAS
June

STRAWBERRIES
July

Dates

5th May, 26th May
16th June 30th June

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