

Week 1 W/C: 3 Jan / 24 Jan / 14 Feb / 14 Mar / 4 Apr

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pork Sausages with Mash & Gravy	Beef Lasagne & Homemade Garlic Bread	Roast Gammon & Roast Potatoes & Gravy	Ham & Cheese Pizza & Wedges	Fish Fingers & Chips
Veggie	Quorn Sausages with Mash & Gravy	Quorn Mince Lasagne & Homemade Garlic Bread	Potato, Bean & Leek Hash Brown & Roast Potatoes & Veggie Gravy	Margherita Pizza & Wedges	Cheese & Red Onion Pasty & Chips
Sides	Mixed Veg or Salad Bar	Green Beans or Salad Bar	Broccoli & Baby Carrots or Salad Bar	Sweetcorn or Salad Bar	Beans, Peas or Salad Bar
Jacket/Roll	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham
Dessert	Oat & Cranberry Biscuits or Fruit or Yoghurt	Chocolate Marble Cake & Choc Custard or Fruit or Yoghurt	Vanilla Ice Cream & Strawberry Jelly or Fruit or Yoghurt	Iced Orange Muffin or Yoghurt	Raspberry Flapjack or Fruit or Yoghurt

Week 2 W/C: 10 Jan / 31 Jan / 28 Feb / 21 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Ham Macaroni Cheese & Homemade Garlic Bread	Cottage Pie with Cheesy Potato Crust	Roasted Chicken Breast & Roast Potatoes with Gravy	BBQ Chicken & Sweetcorn Pizza & Wedges	Breaded Fish Fillet & Chips
Veggie	Macaroni Cheese & Homemade Garlic Bread	Quorn Mince Cottage Pie with Cheesy Potato Crust	Quorn Sausage Toad in the Hole & Roast Potatoes & Veggie Gravy	Margherita Pizza & Wedges	Cheese Wheel & Chips
Sides	Mixed Veg or Salad Bar	Broccoli or Salad Bar	Baby Carrots, Green Beans or Salad Bar	Sweetcorn or Salad Bar	Beans, Peas or Salad Bar
Jacket	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham
Dessert	Sticky Chocolate Slice or Fruit or Yoghurt	Eves Pudding & Vanilla Custard or Fruit or Yoghurt	Strawberry Ice Cream & Berry Compot or Fruit or Yoghurt	Carrot Cake with Cream Cheese Frosting or Fruit or Yoghurt	Chocolate Dream Cookie or Fruit or Yoghurt

Week 3 W/C: 17 Jan / 7 Feb / 7 Mar / 28 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken & Cheesy Potato Topped Pie	Beef Bolognese & Homemade Garlic Bread	Roast Turkey & Roast Potatoes & Gravy	Pepperoni Pizza & Wedges	Fish Goujons & Chips
Veggie	Broccoli & Potato Cheese Bake	Quorn Mince Bolognese & Homemade Garlic Bread	Cheesy Veggie Roast & Roast Potatoes & Veggie Gravy	Margherita Pizza & Wedges	Quorn Sausages & Chips
Sides	Mixed Veg or Salad Bar	Green Beans or Salad Bar	Broccoli & Baby Carrots or Salad Bar	Sweetcorn, Pasta Salad or Salad Bar	Beans, Peas or Salad Bar
Jacket	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham
Dessert	Banana & Oat Bite or Fruit or Yoghurt	Sticky Toffee Pudding & Custard or Fruit or Yoghurt	Chocolate Ice Cream & Vanilla Shortcake or Fruit or Yoghurt	Raspberry Muffin & Cream Cheese Frosting or Fruit or Yoghurt	Chocolate Crunch or Fruit or Yoghurt

The Guide to Goodness



Many of our homemade desserts contain at least 50% fruit or hidden veg



The fish we serve is from well-managed and sustainable fisheries



Over 75% of our dishes are made fresh on site from fresh ingredients



All our pizza and pasta sauces are homemade and have hidden veg



Where possible we use ingredients sourced from local producers