

Week 1 W/C: 17Apr, 8May, 5Jun, 26Jun, 17Jul

Summer Term 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Ham macaroni	Cottage pie	Chicken breast, roast potatoes, carrots, broccoli & gravy	Ham pizza & wedges	Fish fingers, chips, peas and/or beans
Veggie	Tomato cheese pasta	Lentil pie	Quorn fillet, roast potatoes, carrots, broccoli & gravy	Margherita pizza & wedges	Sweetcorn fritter, chips, peas and/or beans
Sides	Fresh veg or salad	Fresh veg or salad	Fresh veg or salad	Fresh veg or salad	Fresh veg or salad
Jacket	Jacket potato with cheese, tuna mayo or beans	Jacket potato with cheese, tuna mayo or beans	Jacket potato with cheese, tuna mayo or beans	Jacket potato with cheese, tuna mayo or beans	Jacket potato with cheese, tuna mayo or beans
Dairy Free/ Vegan	Tomato cheese pasta, broccoli - Dairy free Yogurt	Lentil pie, green beans- Dairy free Cookie	Vegan sausage, roast butternut squash, roast potatoes, carrots, broccoli, gravy- Vegan Ice-cream	Margherita(Dairy-Free), wedges, sweetcorn- Vegan Cake	Sweetcorn fritter, chips, peas and/or beans -Flap Jack
Dessert	Frozen yoghurt or Fruit or Yoghurt	Chocolate crispy cake or Fruit or Yoghurt	Ice cream & wafer or Fruit or Yoghurt	Treacle sponge & custard or Fruit or Yoghurt	Chocolate chip cookie & milk or Fruit or Yoghurt

Week 2 W/C: 24Apr, 15May, 12Jun, 3Jul

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Sausage & mash	Chicken korma & rice	Roast pork, roast potatoes, carrots, broccoli & gravy	BBQ chicken pizza & wedges	Cod bites, chips, peas and/or beans
Veggie	Veggie sausage & mash	Potato korma & rice	Quorn roast, roast potatoes, carrots, broccoli & gravy	Margherita pizza & wedges	Veggie nuggets, chips, peas and/or beans
Sides	Fresh veg or salad	Fresh veg or salad	Fresh veg or salad	Fresh veg or salad	Fresh veg or salad
Jacket	Jacket potato with cheese, tuna mayo or beans	Jacket potato with cheese, tuna mayo or beans	Jacket potato with cheese, tuna mayo or beans	Jacket potato with cheese, tuna mayo or beans	Jacket potato with cheese, tuna mayo or beans
Dairy Free/ Vegan	Vegan sausage, mash, gravy - Dairy free Yogurt	Vegetable stir fry, rice, peas- Cookie	Vegan burger, roast parsnips, roast potatoes, carrots, broccoli, gravy - Vegan Ice-cream	Margherita (Dairy-Free), Wedges, Sweetcorn - Vegan Cake	Vegan nuggets, chips, peas and/or beans- Biscuit
Dessert	Frozen yoghurt or Fruit or Yoghurt	Flapjack or Fruit or Yoghurt	Ice cream & tinned peaches or Fruit or Yoghurt	Jam sponge & custard or Fruit or Yoghurt	Custard cookie or Fruit or Yoghurt

Week 3 W/C: 1May, 22May, 19Jun, 10Jul

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Spaghetti bolognaise	BBQ chicken, new potatoes & green beans	Roast gammon, roast potatoes, carrots, broccoli & gravy	Tuna pizza & wedges	Fish & chips, peas and/or beans
Veggie	Veggie bolognaise	BBQ quorn, new potatoes & green beans	Veggie sausage, potatoes, carrots, broccoli & gravy	Margherita pizza & wedges	Veggie burger & chips, peas and/or beans
Sides	Fresh veg or salad	Fresh veg or salad	Fresh veg or salad	Fresh veg or salad	Fresh veg or salad
Jacket	Jacket potato with cheese, tuna mayo or beans	Jacket potato with cheese, tuna mayo or beans	Jacket potato with cheese, tuna mayo or beans	Jacket potato with cheese, tuna mayo or beans	Jacket potato with cheese, tuna mayo or beans
Dairy Free/ Vegan	Mixed Veg pasta- Dairy free Yogurt	Vegan cheese wheel, green beans- Cookie	Vegan Sausage, Roast Potatoes, Carrots, Broccoli, Gravy- Vegan Ice-Cream	Margherita (dairy-Free), Wedges, Sweetcorn - Vegan Cake	Vegan Burger, Chips, Peas, Beans- Biscuit
Dessert	Frozen yoghurt or Fruit or Yoghurt	Raspberry sponge or Fruit or Yoghurt	Ice cream & berry compote or Fruit or Yoghurt	Chocolate sponge & custard or Fruit or Yoghurt	Chocolate shortbread 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