

Week 1 W/C: 15 Apr / 6 May / 3 Jun / 24 Jun / 15 Jul

	Monday	Tuesday	Wednesday	Thursday	Friday
Main		GF Pork Sausage in a GF Roll	Roast Chicken Breast	Gluten Free Pepperoni Pizza	Gluten Free Breaded Fish
Veggie	Cheese & Tomato GF Pasta			Gluten Free Margherita Pizza	
Sides	GF Garlic Bread, Mixed Veg or Salad Bar	Sweetcorn, Homemade Coleslaw	Roast Potatoes, Broccoli, Baby Carrots, Veggie Gravy	Diced Potoatoes & Sweetcorn	Chips, Beans & Peas
Jacket/Roll	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham
Dessert	GF Apple Flapjack, Fruit or Yoghurt	GF Vanilla Sponge & Jam, Fruit or Yoghurt	GF Shortbread & Vanilla Ice Cream, Fruit or Yoghurt	GF Vanilla Sponge with Toffee Sauce, Fruit or Yoghurt	Alpro Chocolate Dessert, Fruit or Yoghurt

Week 2 W/C: 22 Apr / 13 May / 10 Jun / 1 Jul / 22 Jul

	Monday	Tuesday	Wednesday	Thursday	Friday
Main		Chicken & Bacon GF Pasta Bake	GF Pork Sausage & GF Gravy	Gluten Free BBQ Chicken Pizza	Gluten Free Breaded Fish
Veggie		Cheese & Tomato GF Pasta Bake		Gluten Free Margherita Pizza	
Sides	Roasted Diced Potatoes, Mixed Veg or Salad Bar	Gluten Free Garlic Bread, Broccoli or Salad Bar	Roasted Potatoes, Baby Carrots, Green Beans or Salad Bar	Jacket Wedges, Sweetcorn or Salad Bar	Chips, Peas or Beans
Jacket	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham
Dessert	Fruit or Yoghurt	GF Carrot Cake with Cream Cheese Frosting, Fruit or Yoghurt	Chocolate Ice Cream and GF Chocolate Shortbread, Fruit or Yoghurt	Strawberry Jelly & Fruit Cocktail, Fruit or Yoghurt	Alpro Chocolate Dessert, Fruit or Yoghurt

Week 3 W/C: 29 Apr / 20 May / 17 Jun / 8 Jul

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Bolognese (no beef oxo) & GF Pasta	All Day Brunch - GF Sausage, Bacon Hash Brown, Beans	Roast Chicken Breast	Gluten Free Cheese & Ham Pizza	Gluten Free Breaded Fish
Veggie	Gluten Free Cheese & Tomato Pasta		Savoury Welsh Onion Cake	Gluten Free Margherita Pizza	
Sides	Homemade Garlic Bread, Mixed Veg or Salad Bar	Sweetcorn, Homemade Coleslaw	Roast Potatoes, Broccoli, Baby Carrots, Veggie Gravy	Diced Potoatoes & Sweetcorn	Chips, Beans & Peas
Jacket/Roll	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans / GF Roll with Cheese, Tuna or Ham
Dessert	GF Apple Flapjack, Fruit or Yoghurt	GF Lemon Cake, Fruit or Yoghurt	GF Vanilla Shortbread & Vanilla Ice Cream, Fruit or Yoghurt	GF Vanilla Sponge, Fruit or Yoghurt	Alpro Chocolate Dessert, 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