

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main					
Veggie	Vegan Cheese & Tomato Pasta	Quorn Vegan Sausage in a Roll	Vegan Roast	Vegan Cheese & Tomato Pizza	Vegan Nuggets
Sides	Mixed Veg or Salad Bar	Sweetcorn or Crispy Salad	Roast Potatoes, Broccoli, Baby Carrots, Vegan Gravy	Diced Potatoes & Sweetcorn or Salad Bar	Chips, Beans & Peas
Jacket/Roll	Jacket Potato with Vegan Cheese & Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese & Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese & Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese & Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese & Beans Roll with Vegan Cheese
Dessert	Vegan Apple Flapjack or Fruit	Alpro Vegan Vanilla Dessert or Fruit	Vegan Vanilla Shortbread & Orange Sorbet or Fruit	Alpro Vegan Vanilla Dessert or Fruit	Alpro Vegan Chocolate Dessert or Fruit

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main					
Veggie	Vegan Burger in a Bun	Vegan Cheese & Tomato Pasta Bake	Vegan Quorn Sausage & Vegan Gravy	Vegan Cheese & Tomato Pizza	Baked Vegan Cheese & Tomato Wrap
Sides	Roasted Diced Potatoes, Mixed Veg or Salad Bar	Homemade 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 Vegan Cheese & Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese & Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese & Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese & Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese & Beans Roll with Vegan Cheese
Dessert	Alpro Vegan Vanilla Dessert or Fruit	Vegan Vanilla Sponge or Fruit	Vegan Sorbet or Fruit	Fruit Cocktail or Fruit	Alpro Vegan Chocolate Dessert or Fruit

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main					
Veggie	Vegan Mince Bolognese & Pasta	Vegan Brunch - Quorn Sausage, Hash Browns, Beans & Tomato	Savoury Welsh Onion Cake & Vegan Gravy	Vegan Cheese & Tomato Pizza	Vegan Burger
Sides	Mixed Veg or Salad Bar	Salad Bar	Roast Potatoes, Broccoli & Baby Carrots or Salad Bar	Jacket Wedges, Sweetcorn or Salad Bar	Chips, Peas or Beans
Jacket	Jacket Potato with Vegan Cheese & Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese & Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese & Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese & Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese & Beans Roll with Vegan Cheese
Dessert	Pip Organic Rainbow Lolly or Fruit	Vegan Vanilla Cake or Fruit	Vegan Sorbet & Berry Compot or Fruit	Alpro Vegan Vanilla Dessert or Fruit	Alpro Vegan Chocolate Dessert or Fruit

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