

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Ham Macaroni	Pork Sausage in a Roll	Roast Chicken	Pepperoni Pizza	Breaded Fish
<b>Veggie</b>	Cheese & Tomato Pasta	Vegan Quorn Sausage in a Roll		Margherita Pizza	Veggie Nuggets
<b>Sides</b>	Homemade Garlic Bread, Mixed Veg or Salad Bar	Sweetcorn or Salad Bar	Roast Potatoes, Broccoli, Baby Carrots, Veggie Gravy	Diced Potatoes & Sweetcorn	Chips, Beans & Peas
<b>Jacket/Roll</b>	Jacket Potato with Cheese, Ham, Tuna (no mayo) or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna (no mayo) or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna (no mayo) or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna (no mayo) or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna (no mayo) or Beans Roll with Cheese, Tuna or Ham
<b>Dessert</b>	Apple Flapjack, Fruit or Yoghurt	Alpro Vanilla Dessert, Fruit or Yoghurt	Vanilla Shortbread & Vanilla Ice Cream, Fruit or Yoghurt	Fruit or Yoghurt	Chocolate Biscuit & Sultana Slice, Fruit or Yoghurt

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Beef Burger in a Bun	Chicken & Bacon Pasta Bake	Pork Sausage & Gravy	BBQ Chicken Pizza	Fish Fingers
<b>Veggie</b>	Vegan Burger in a Bun	Cheese & Tomato Pasta Bake	Quorn Vegan Sausage & Gravy	Margherita Pizza	Baked Cheese & Tomato Wrap
<b>Sides</b>	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
<b>Jacket</b>	Jacket Potato with Cheese, Ham, Tuna (no mayo) or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna (no mayo) or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna (no mayo) or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna (no mayo) or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna (no mayo) or Beans Roll with Cheese, Tuna or Ham
<b>Dessert</b>	Fruit or Yoghurt	Fruit or Yoghurt	Chocolate Ice Cream and Chocolate Shortbread, Fruit or Yoghurt	Strawberry Jelly & Fruit Cocktail, Fruit or Yoghurt	Vegan Chocolate Dessert, Fruit or Yoghurt

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Beef Bolognese & Pasta	All Day Brunch	Roast Gammon & Gravy	Cheese & Ham Pizza	Cod Fish Bites
<b>Veggie</b>		Veggie All Day Brunch	Savoury Welsh Onion Cake & Veggie Gravy	Margherita Pizza	Vegan Burger
<b>Sides</b>	Mixed Veg or Salad Bar	Baked Beans or Salad Bar	Roast Potatoes, Broccoli & Baby Carrots or Salad Bar	Jacket Wedges, Sweetcorn or Salad Bar	Chips, Peas or Beans
<b>Jacket</b>	Jacket Potato with Cheese, Ham, Tuna (no mayo) or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna (no mayo) or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna (no mayo) or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna (no mayo) or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna (no mayo) or Beans Roll with Cheese, Tuna or Ham
<b>Dessert</b>	Pip Organic Rainbow Lolly, Fruit or Yoghurt	Vegan Vanilla Cake, Fruit or Yoghurt	Strawberry Ice Cream & Berry Compot, Fruit or Yoghurt	Fruit or Yoghurt	Alpro Vegan 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