

# WEEK 3

W/C: 01/05, 22/05, 12/06, 03/07, 04/09, 25/09, 16/10

# THREE WEEK MENU

## SPRING/SUMMER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	<b>Cheese and Tomato Pizza</b> Served with Potato Wedges	<b>Mexican Beef Tortilla Pie</b> Served with Wholegrain Rice	<b>Roast Pork Picnic Plate</b> Served with Herb Diced Potatoes	<b>Butter Chicken Curry</b> Served with Wholegrain Rice	<b>Southern Fried Chicken</b> Served with Chips
JACKET POTATO	<b>Vegetarian Bolognese</b> Served with Wholemeal Pasta	<b>Mexican Vegetarian Tortilla Pie</b> Served with Wholegrain Rice	<b>Cheesy Ploughman's Picnic Plate</b> Served with Bread	<b>Macaroni Cheese</b>	<b>Tomato Vegetable Burger</b> Served with Chips
JACKET POTATO	<b>Jacket Potatoes</b> with a choice of hot and cold fillings	<b>Jacket Potatoes</b> with a choice of hot and cold fillings	<b>Jacket Potatoes</b> with a choice of hot and cold fillings	<b>Jacket Potatoes</b> with a choice of hot and cold fillings	<b>Jacket Potatoes</b> with a choice of hot and cold fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta					
All main meals are served with two vegetables					
DESSERT	<b>Mango Frozen Yoghurt</b>	<b>Berry Flapjack with Fruit</b>	<b>Chocolate Brownie with Fruit</b>	<b>Pineapple Upside Down Cake with Custard</b>	<b>Chocolate Milkshake and Shortbread</b>

**PACKED LUNCH AVAILABLE**  
 Ham, Cheese or Tuna sandwich or roll available daily with veg sticks and fresh fruit or dessert of the day

OUR NEW MENU CHOSEN BY PARENTS AND CHILDREN

YOUR FAVOURITES AVAILABLE EVERY DAY



Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

# WEEK 1

W/C: 17/04, 08/05, 19/06, 10/07, 11/09, 02/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	<b>Cheese and Tomato Pizza</b> ♻️ Served with Potato Wedges	<b>Pork Sausages</b> Served with Mashed Potato and Gravy	<b>Roast Turkey</b> ❤️ Served with Roast Potatoes and Gravy	<b>Beef Bolognese</b> 🍷 Served with Wholemeal Pasta and Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
	<b>Vegetable Pesto Pasta Bake</b> ♻️	<b>Macaroni Cheese</b> ♻️	<b>Roasted Vegetable Butterbean Crumble</b> ♻️ ❤️ Served with Roast Potatoes and Gravy	<b>Vegetarian Bolognese</b> ♻️ 🍷 Served with Wholemeal Pasta	<b>Vegetarian Dippers</b> ♻️ Served with Chips
JACKET POTATO	<b>Jacket Potatoes</b> ❤️ ♻️ with a choice of hot and cold fillings	<b>Jacket Potatoes</b> ❤️ ♻️ with a choice of hot and cold fillings, including Salmon Mayonnaise 🐟	<b>Jacket Potatoes</b> ❤️ ♻️ with a choice of hot and cold fillings	<b>Jacket Potatoes</b> ❤️ ♻️ with a choice of hot and cold fillings	<b>Jacket Potatoes</b> ❤️ ♻️ with a choice of hot and cold fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta ♻️ 🌿					
All main meals are served with two vegetables					
DESSERT	<b>Vanilla Ice Cream</b>	<b>Hot Chocolate Sponge with Chocolate Custard</b>	<b>Strawberry Jelly with Fruit</b> 🍓	<b>Fruity Picnic Bar</b> 🍓	<b>Chocolate Ice Cream</b>

**PACKED LUNCH AVAILABLE**  
Ham, Cheese or Tuna sandwich or roll available daily with veg sticks and fresh fruit or dessert of the day

# WEEK 2

W/C: 24/04, 15/05, 05/06, 26/06, 17/07, 18/09, 09/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	<b>Cheese and Tomato Pizza</b> ♻️ Served with Potato Wedges	<b>Chinese Chicken and Vegetable Rice</b> 🍷 ❤️	<b>Roast Gammon</b> Served with Roast Potatoes and Gravy	<b>Beef Lasagne</b> 🍷 Served with Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
	<b>Vegetable Pastry Roll</b> ♻️ Served with Potato Wedges	<b>Cauliflower Macaroni Cheese</b> ♻️ ❤️	<b>Sweet Potato and Chickpea Roast</b> ♻️ Served with Roast Potatoes and Gravy	<b>Vegetable Lasagne</b> ♻️ 🍷 Served with Garlic and Herb Bread	<b>Vegetarian Dippers</b> ♻️ Served with Chips
JACKET POTATO	<b>Jacket Potatoes</b> ❤️ ♻️ with a choice of hot and cold fillings	<b>Jacket Potatoes</b> ❤️ ♻️ with a choice of hot and cold fillings	<b>Jacket Potatoes</b> ❤️ ♻️ with a choice of hot and cold fillings	<b>Jacket Potatoes</b> ❤️ ♻️ with a choice of hot and cold fillings	<b>Jacket Potatoes</b> ❤️ ♻️ with a choice of hot and cold fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta ♻️ 🌿					
All main meals are served with two vegetables					
DESSERT	<b>Oat Chocolate Cookie with Fruit</b> 🍓	<b>Orange Jelly</b>	<b>Chocolate and Banana Marble Cake</b>	<b>Banana and Apricot Flapjack with Fruit</b> 🍓	<b>Strawberry Ice Cream</b>

**AVAILABLE EVERY DAY**  
Water, salad, freshly baked bread, yoghurt & fresh fruit

♻️ Vegetarian 🐟 Oily Fish 🍷 Wholegrain 🍓 Fruity! ❤️ Nutritionist's Choice