



# THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU  
CHOSEN BY  
PARENTS AND  
CHILDREN



YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY

# WEEK 1 MENU



## MONDAY

**Burrito** 🍷  
A soft wrap filled with lightly spiced veggies and rice  
And wedges

**Macaroni Cheese** 🍷  
Cheesy macaroni pasta

**Jacket Potato with Salmon** 🐟  
Mayonnaise

**A Selection of Fresh Salads**  
Including lettuce, cucumber, tomato, grated carrot

**Jacket Potato** 🍷  
with a choice of fillings

**Tomato Pasta**  
A delicious fresh, homemade tomato sauce with penne pasta

**Green Beans and Sweetcorn**

**Raspberry Ripple Ice-Cream**

## TUESDAY

**Chicken burger with wedges**  
Chicken breast fillet served in a bun, with potato wedges.

**Quorn Burger** 🍷  
Quorn Burger served in a bun with potato wedges

**Jacket Potato with Salmon** 🐟  
Mayonnaise

**A Selection of Fresh Salads**  
Including lettuce, cucumber, tomato, grated carrot

**Jacket Potato** 🍷  
with a choice of fillings

**Tomato Pasta**  
A delicious fresh, homemade tomato sauce with penne pasta

**Peas and Broccoli**

**Secret Brownie**

## WEDNESDAY

**Roast Chicken with Roast Potatoes and Gravy**  
Succulent roast chicken with fluffy roasties and tasty gravy

**Quorn roast** 🍷  
Quorn Roast with fluffy roasties and tasty gravy

**Jacket Potato with Salmon** 🐟  
Mayonnaise

**A Selection of Fresh Salads**  
Including lettuce, cucumber, tomato, grated carrot

**Jacket Potato** 🍷  
with a choice of fillings

**Tomato Pasta**  
A delicious fresh, homemade tomato sauce with penne pasta

**Carrots and Cabbage**

**Shortbread Biscuit**  
with Fruit Slices

## THURSDAY

**Hotdog in a finger roll** 🍷  
Served with potato wedges

**Veggie Hotdog in a finger roll** 🍷  
Served with potato wedges

**Jacket Potato with Salmon** 🐟  
Mayonnaise

**A Selection of Fresh Salads**  
Including lettuce, cucumber, tomato, grated carrot

**Jacket Potato** 🍷  
with a choice of fillings

**Tomato Pasta**  
A delicious fresh, homemade tomato sauce with penne pasta

**Broccoli and Sweetcorn**

**Banana and apricot flapjack**

## FRIDAY

**Golden Fish Fingers and Chips**  
Crispy fish fingers and scrummy chips

**Quorn Dippers and Chips** 🍷  
Crispy Quorn nuggets with their fave sauce – ketchup

**Jacket Potato with Salmon** 🐟  
Mayonnaise

**A Selection of Fresh Salads**  
Including lettuce, cucumber, tomato, grated carrot

**Jacket Potato** 🍷  
with a choice of fillings

**Tomato Pasta** 🍷  
A delicious fresh, homemade tomato sauce with penne pasta

**Baked Beans and Peas**

**Orange and sultana carrot slice**



**PACKED LUNCH--AVAILABLE DAILY**  
HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY

**AVAILABLE EVERY DAY**  
WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

🍷 **Vegetarian** 🐟 **Oily fish** 🍷 **Wholegrain** 🍷 **Fruity!** 🍷 **Nutritionist's Choice**

Internal

# WEEK 3 MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<b>Hot Main Dish</b>	<p><b>Macaroni cheese</b> ✓</p> <p>Delicious macaroni in a creamy cheese sauce</p>	<p><b>Sausage and mash with Gravy</b> 🍴</p> <p>Sausage and mash with rich gravy</p>	<p><b>Roast Pork with Roast Potatoes and Gravy</b></p> <p>Succulent roast pork with fluffy roasties and tasty gravy</p>	<p><b>Beef Bolognese</b> 🍴</p> <p>A classic Italian beef Bolognese in a yummy tomato sauce</p>	<p><b>Southern Fried Chicken Tasters</b></p> <p>Lightly seasoned crispy chicken strips and scrummy chips</p>
<b>Alternative Dish</b>	<p><b>Cheese and tomato pizza</b> ✓</p> <p>Cheesy tomato topped pizza slice With Potato Wedges 🍴</p>	<p><b>Quorn sausage and mash</b> ✓</p> <p>Quorn sausage and mash with a rich gravy</p>	<p><b>Quorn Roast</b></p> <p>With fluffy roasties and tasty gravy</p>	<p><b>Veggie Bolognese</b> ✓</p> <p>Penne pasta in a yummy tomato and Quorn sauce</p>	<p><b>Soft Taco and Chips</b> 🍴</p> <p>A soft taco shell filled with a yummy veggie tomato chilli</p>
<b>Salads</b>	<p><b>A Selection of Fresh Salads</b></p> <p>Including lettuce, cucumber, tomato, grated carrot</p>	<p><b>A Selection of Fresh Salads</b></p> <p>Including lettuce, cucumber, tomato, grated carrot</p>	<p><b>A Selection of Fresh Salads</b></p> <p>Including lettuce, cucumber, tomato, grated carrot</p>	<p><b>A Selection of Fresh Salads</b></p> <p>Including lettuce, cucumber, tomato, grated carrot</p>	<p><b>A Selection of Fresh Salads</b></p> <p>Including lettuce, cucumber, tomato, grated carrot</p>
<b>Jacket Potato</b>	<p><b>Jacket Potato</b></p> <p>With a choice of fillings</p>	<p><b>Jacket Potato</b></p> <p>With a choice of fillings</p>	<p><b>Jacket Potato</b></p> <p>With a choice of fillings</p>	<p><b>Jacket Potato</b></p> <p>With a choice of fillings</p>	<p><b>Jacket Potato</b></p> <p>With a choice of fillings</p>
<b>Pasta</b>	<p><b>Tomato Pasta</b></p> <p>A delicious fresh, homemade tomato sauce with penne pasta</p>	<p><b>Tomato Pasta</b></p> <p>A delicious fresh, homemade tomato sauce with penne pasta</p>	<p><b>Tomato Pasta</b></p> <p>A delicious fresh, homemade tomato sauce with penne pasta</p>	<p><b>Tomato Pasta</b></p> <p>A delicious fresh, homemade tomato sauce with penne pasta</p>	<p><b>Tomato Pasta</b></p> <p>A delicious fresh, homemade tomato sauce with penne pasta</p>
<b>Vegetables</b>	<p><b>Peas and Carrots</b></p>	<p><b>Sweetcorn and Broccoli</b></p>	<p><b>Carrots and Cabbage</b></p>	<p><b>Green Beans and Sweetcorn</b></p>	<p><b>Baked Beans and Peas</b></p>
<b>Desserts</b>	<p><b>Oatie Biscuit with Fruit Slices</b> 🍴</p>	<p><b>Carrot Cake with Citrus Frosting</b></p>	<p><b>Strawberry Ice Cream</b> ✓</p>	<p><b>Chocolate Sponge Cake</b> 🍴</p>	<p><b>Cheese &amp; Biscuits Soft Cheese Portion</b> 🍴</p>

SPRING/SUMMER 2022



# WEEK 2 MENU



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hot Main Dish</b>	<b>Tomato pasta</b> Pasta in a tomato sauce	<b>Chinese chicken noodles</b> Chicken and vegetables stir-fried served with egg noodles	<b>Roast Turkey with Roast Potatoes and Gravy</b> Succulent roast turkey with fluffy roastes and tasty gravy	<b>Beef Lasagne with a Garlic &amp; Herb Bread Wedge</b>	<b>Battered Fish Fillet and Chips</b> Crispy battered fish and scrummy chips
<b>Alternative Dish</b>	<b>Cheese and Tomato Pizza</b> Cheesy tomato topped pizza slice With Potato Wedges	<b>Macaroni cheese</b> Delicious macaroni in a creamy cheese sauce	<b>Creamy Vegetable Pie</b> with Roast Potatoes and Gravy Creamy vegetable pie with a cheesy shortcrust topper	<b>Vegetable lasagne</b>	<b>Tomato Veggie Burger</b>
<b>Salads</b>	<b>A Selection of Fresh Salads</b> Including lettuce, cucumber, tomato, grated carrot	<b>A Selection of Fresh Salads</b> Including lettuce, cucumber, tomato, grated carrot	<b>A Selection of Fresh Salads</b> Including lettuce, cucumber, tomato, grated carrot	<b>A Selection of Fresh Salads</b> Including lettuce, cucumber, tomato, grated carrot	<b>A Selection of Fresh Salads</b> Including lettuce, cucumber, tomato, grated carrot
<b>Jacket Potato</b>	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings
<b>Pasta</b>	<b>Tomato Pasta</b> A delicious fresh, homemade tomato sauce with penne pasta	<b>Tomato Pasta</b> A delicious fresh, homemade tomato sauce with penne pasta	<b>Tomato Pasta</b> A delicious fresh, homemade tomato sauce with penne pasta	<b>Tomato Pasta</b> A delicious fresh, homemade tomato sauce with penne pasta	<b>Tomato Pasta</b> A delicious fresh, homemade tomato sauce with penne pasta
<b>Vegetables</b>	<b>Sweetcorn and Peas</b>	<b>Broccoli and Cauliflower</b>	<b>Carrots and Cabbage</b>	<b>Green Beans and Sweetcorn</b>	<b>Baked Beans and Peas</b>
<b>Desserts</b>	<b>Flapjack with Fruit Slices</b>	<b>Orange Shortbread with Fruit Slices</b>	<b>Raspberry Yoghurt Cake</b>	<b>Fruity Chocolate Brownie</b>	<b>Vanilla Ice-Cream</b>

nutritional

