



# WEEK 1

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

**SPRING/SUMMER 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<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	<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 and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

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

 **Vegetarian**  **Oily Fish**  **Wholegrain**  
 **Fruity!**  **Nutritionist's Choice**

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



# WEEK 2

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

**SPRING/SUMMER 2023**

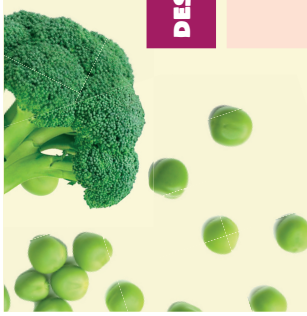
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<b>Cheese and Tomato Pizza</b> ♻️ Served with Potato Wedges	<b>Chinese Chicken and Vegetable Rice</b> ♻️	<b>Roast Gammon</b> Served with Roast Potatoes and Gravy	<b>Beef Lasagne</b> ♻️ Served with Garlic and Herb Bread	<b>Breaded Fish Fingers</b> 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>

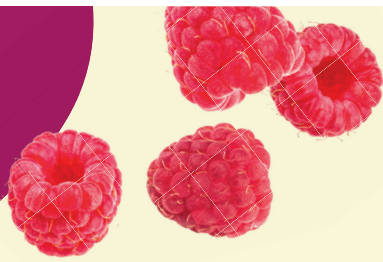
**PACKED LUNCH AVAILABLE**  
Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

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

♻️ Vegetarian 🐟 Oily Fish 🌾 Wholegrain  
🍏 Fruity! ❤️ Nutritionist's Choice

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# WEEK 3

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

SPRING/SUMMER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<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 Potato Wedges	<b>Butter Chicken Curry</b> ♻️ Served with Wholegrain Rice	<b>Breaded Fish Fingers</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**  
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**AVAILABLE EVERY DAY**  
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♻️ Vegetarian 🐟 Oily Fish ♻️ Wholegrain  
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