

# Week One

16 April , 7 May, 28 May, 18 June, 27 August, 17 September, 8th October\*

	Monday Meat Free Day	Tuesday	Wednesday	Thursday	Friday
Starter	Lentil Soup	Breadsticks with Hummus	Split Pea Soup	Melon Slice	Chicken Noodle Soup or Melon slice
1 Red Tray Choice of soup or pudding	Vegetarian Sausage Roll with French Fries and Baked Beans	Spaghetti Bolognese with Garlic Bread and Sweetcorn	Pork loin Steak with Gravy, New Potatoes and Broccoli	Chicken Korma with Rice and Peas	Bubble Fish Fillet with Potato Wedges, Sweetcorn and Diced Carrots
2 Blue Tray Choice of soup or pudding	Cheese and Tomato Pizza Slice with French Fries and Baked Beans	Savoury Rice with Homemade BBQ Sauce, Garlic Bread and Sweetcorn	Vegetable Pasta Pot with Garlic Bread and Peas	Spaghetti Hoops with Chipolata Sausages and Toast	Country Grill Bake with Potato Wedges, Sweetcorn and Diced Carrots
3 Green Tray Choice of soup and pudding	Egg Wholemeal Roll	Tuna Mayonnaise Wrap	<b>Pick and Mix Plate</b> 2 Mini Bread Rolls with Chicken Mayo and Cheese New Potato Salad Carrot Rounds	Cheese Panini	<b>Pick and Mix Plate</b> Chicken Pasta Salad Cucumber Sticks Beetroot
Pudding	Fresh Fruit or Yoghurt	Mandarin Loaf or Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Raspberry Bun or Fresh Fruit or Yoghurt
Salad Bar	Cherry Tomatoes and Mixed Peppers	Pickles and Grapes	Mixed Salad and Savoury Rice Salad	Grated Carrot and Tuna Pasta	Beetroot and Cucumber Sticks

*\*Subject to availability*

**Available daily over the three week period:** Selection of fresh breads. Selection of water or milk. Packed lunches are always on offer consisting of green tray option in handy take away bag with a drink. **Vegetarian fillings for green tray selection can be requested.**

Jacket Potato: variety of fillings may include cheese, tuna, baked beans.



# Week two

23 April, 14 May, 4 June, 25 June, 3 September, 24 September\*


	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tomato Soup	Oatcakes with Cream Cheese and Chives	Melon Slice	Lentil Soup	Mixed Grapes
1 Red Tray Choice of soup or pudding	Beefburger on a Roll with French Fries and Coleslaw	Chicken Enchiladas with Savoury Rice	Homemade Sausage Roll with Potato Wedges and Peas	Gammon and Pineapple with New Potatoes and Salad	Honey Chicken Noodle Pot with Broccoli
2 Blue Tray Choice of soup or pudding	Tuna and Sweetcorn Mayonnaise Pasta Pot with a Mini Bread Roll, Sliced Carrot and Cucumber	Jacket Potato with a choice of Cheese/ Tuna/Baked Beans and Mixed Salad	Cauliflower Cheese with Potato Wedges and Peas	Pizza Baguette with New Potatoes and Salad	Salmon Fingers with Mashed Potato and Broccoli
3 Green Tray Choice of soup and pudding	Cheese Sandwich	 <b>Pick and Mix Plate</b> Sausage Sub Roll Coleslaw Grated Carrot	Egg Finger Roll	BBQ Chicken Melt Panini	 <b>Pick and Mix Plate</b> Vegetable Fingers Cucumber Slices Pickled Onions
Pudding	Fresh Fruit or Yoghurt	Summer Fruit Muffin or Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Apple Cake or Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt
Salad Bar	Cherry Tomatoes and Mixed Peppers	Pickles and Grapes	Mixed Salad and Savoury Rice Salad	Grated Carrot and Tuna Pasta	Beetroot and Cucumber Slices

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# Week Three

30 April, 21 May, 11 June, 20 August, 10 September, 1 October\*

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Vegetable Soup	Crackers with Low Fat Cheese	Chicken and Rice Soup or Vegetable Soup	Crudities with Hummus	Lentil Soup
1 Red Tray Choice of soup or pudding	Beef Fried Rice Pot with Curry Sauce	Meatballs with Tomato Sauce and Spaghetti	Steak Pie with New Potatoes and Spring Vegetables	Chicken Burger on a Sesame Roll with French Fries and Coleslaw	Fish, Chips and Coleslaw
2 Blue Tray Choice of soup or pudding	Macaroni Cheese with Garlic Bread and Cucumber Sticks	Jacket Potato, Baked Beans/Tuna, Cheese and Mixed Salad	Creamy Vegetable Risotto topped with Garlic Bread	Tomato Pasta Pot with a Mini Bread Roll	Pizza, Chips and Coleslaw
3 Green Tray Choice of soup and pudding	Ham Sandwich	★ <b>Pick and Mix Plate</b> Breaded Salmon Fillet Corn on the Cob Cucumber Slices	Cheese Panini	★ <b>Pick and Mix Plate</b> Smiley Faces and Chipolata Sausages Ketchup Sachet Sweetcorn/Pickles	Ham Roll
Pudding	Chocolate Cupcake or Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Jelly and Fruit or Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt
Salad Bar	Picked Onions Grated Carrot	Sliced Tomatoes Shredded Lettuce	Coleslaw Pineapple Chunks	Carrot Sticks Beetroot Sliced	Peaches Cucumber Rounds

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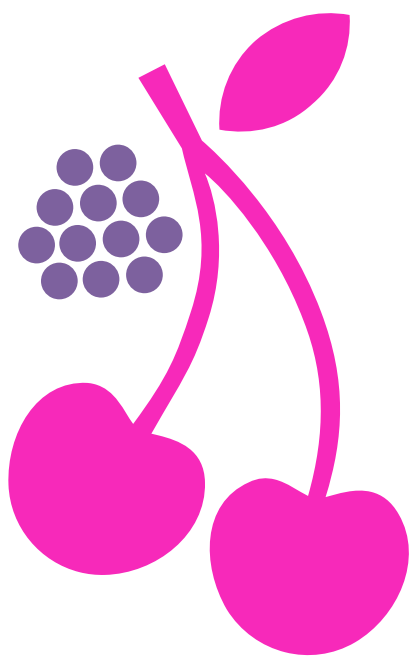
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