

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Beef Meatballs in Tomato Sauce <i>Red Tractor</i> beef meatballs made with our own blend of herbs and seasonings and cooked in a homemade tomato sauce</p>	<p>Ham and Potato Pie <i>Red Tractor</i> ham baked with potatoes and seasonal vegetables</p>	<p>Roast Chicken with Gravy Tender slices of <i>Red Tractor</i> roast chicken served with gravy</p>	<p>Beef Curry <i>Organic</i> beef cooked with seasonal vegetables in a mild curry sauce</p>	<p>Fish Fingers with Ketchup Sustainably sourced fish fingers served with homemade tomato ketchup</p>
<p>Cheese and Potato Pie Creamy mashed potatoes and sautéed onions baked with cheese</p>	<p>Keema Rice Chick peas and <i>seasonal</i> vegetables cooked with mild curry spices and layered with rice</p>	<p>Stuffed Peppers Mixed peppers stuffed with seasonal vegetables and topped with savoury bread crumbs and baked until golden</p>	<p>Spring Vegetable Lasagne Lentils and seasonal vegetables cooked in a homemade tomato sauce and layered between lasagne sheets and topped with cheese and served with crusty bread</p>	<p>Veggie Wrap Mixed beans, peppers, and tomatoes wrapped inside a flour tortilla</p>
Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings
Packed Lunch Option Tuna, Cheese or Ham	Packed Lunch Option Tuna, Cheese or Ham	Packed Lunch Option Tuna, Cheese or Ham	Packed Lunch Option Tuna, Cheese or Ham	Packed Lunch Option Tuna, Cheese or Ham
Pasta	New Potatoes	Roast Potatoes	Rice	Chips
Broccoli and Sweetcorn	Mixed Vegetables	Carrots and Spring Cabbage	Green Beans and Sweetcorn	Baked Beans and Peas
Fruit Flapjack	Fruit Jelly with Ice Cream	Heidi's Oaty Carrot Cake Cookie	Peach Pancake	Chocolate Cake

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato Pasta Bake Lentils and <i>seasonal</i> vegetables cooked in a homemade tomato sauce and baked with pasta twists and cheddar cheese	Chicken Nacho Bake <i>Red Tractor</i> diced chicken and seasonal vegetables cooked in a Mexican tomato sauce and topped with crispy corn tortillas and cheese	Roast Beef with Gravy and Yorkshire Pudding Tender slices of <i>Red Tractor</i> roast beef served with gravy and Yorkshire Pudding	Beef Lasagne <i>Organic</i> minced beef and seasonal vegetables cooked homemade tomato sauce, layered with lasagne sheets and topped with a creamy white sauce	Cheese and Tomato Pizza Wholemeal pizza bases topped with homemade tomato sauce and cheese
Chick Pea Curry Chick peas and seasonal vegetables cooked in a mild coconut curry sauce and served with rice	Potato and Leek Gratin Potatoes and Leeks layered in a casserole and covered in a homemade cream sauce	Veggie Noodle Stir Fry Quorn pieces and seasonal vegetables stir fried in a homemade oriental sauce and tossed with noodles	Shepherdess Pie with Sweet Potato Mash Lentils and seasonal vegetables cooked in a rich gravy and topped with a creamy sweet potato mash	Salmon and Broccoli Quiche  Sustainable salmon and broccoli baked with <i>organic</i> eggs in a homemade pastry crust
Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings
Packed Lunch Option Tuna, Cheese or Ham	Packed Lunch Option Tuna, Cheese or Ham	Packed Lunch Option Tuna, Cheese or Ham	Packed Lunch Option Tuna, Cheese or Ham	Packed Lunch Option Tuna, Cheese or Ham
	Rice	New potatoes	Crusty Bread	Chips
Green Beans and Carrots	Sweetcorn and Peas	Carrots and Cabbage	Broccoli and Cauliflower	Peas and Baked Beans
Carrot Cake	Strawberry Mousse	Fresh Fruit Salad with Yoghurt	Pineapple Cake with Ice Cream	Fruit Shortbread

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chicken and Bacon Pasta <i>Red Tractor</i> diced chicken and bacon cooked in a creamy white sauce and baked with pasta</p>	<p>Pork Sausages <i>Red Tractor</i> pork sausages made with our own blend of herbs and spices and served with onion gravy</p>	<p>Roast Chicken with Gravy Tender slices of <i>Red Tractor</i> roast chicken served with gravy</p>	<p>Warm Beef and Rice Wrap <i>Organic</i> minced beef and seasonal vegetables cooked in a tomato sauce and served with rice and a flour tortilla</p>	<p>Breaded Fish  Sustainably sourced breaded whitefish, oven baked, and served with homemade tomato ketchup</p>
<p>Veggie Paella Quorn pieces and seasonal vegetables cooked with paprika seasoned rice</p>	<p>Veggie Sausage Rolls Quorn sausages wrapped in a flaky puff pastry and served with onion gravy</p>	<p>Broccoli and Cauliflower Cheese Broccoli and Cauliflower baked in a homemade cheddar cheese sauce</p>	<p>Spring Frittata Spring vegetables baked with <i>organic</i> eggs</p>	<p>Veggie Carbonara White beans and leeks cooked in a creamy white sauce and served with pasta</p>
Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings
Packed Lunch Option Tuna, Cheese or Ham	Packed Lunch Option Tuna, Cheese or Ham	Packed Lunch Option Tuna, Cheese or Ham	Packed Lunch Option Tuna, Cheese or Ham	Packed Lunch Option Tuna, Cheese or Ham
Pasta	Mashed Potatoes	New Potatoes	Wedges	Chips
Broccoli and Sweetcorn	Carrots and Cauliflower	Leeks and carrots	Sweetcorn and Coleslaw	Peas and Baked Beans
Coconut and Pineapple Flapjack	Strawberry Cake	Melon Platter	Apple and Banana Crisp with custard	Sticky Slice with Ice Cream



Providing fresh, local & seasonal ingredients.
High welfare meats & sustainable fish

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day. Allergy information available on request.



Week Four

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza Wholemeal pizza bases topped with homemade tomato sauce and cheese	Beef Burger <i>Red Tractor</i> beef burgers made with our own blend of herbs and spices served with a floured bap and ketchup	Roast Gammon with Gravy Tender slices of <i>Red Tractor</i> roast gammon served with gravy	Italian Chicken Casserole <i>Red Tractor</i> diced chicken and seasonal vegetables cooked in Mediterranean tomato sauce	Salmon Crumble  Sustainably sourced salmon and white fish cooked in a homemade white sauce and topped with a savoury crumble topping
Macaroni Cheese Pasta tubes cooked in a homemade cheddar cheese sauce	Veggie Nuggets Mixed vegetables breaded and served with ketchup	Veggie Cowboy Casserole Quorn sausages cooked with baked beans	Roasted Vegetable and Chick Pea Cous Cous Chick peas and seasonal vegetables roasted with tomatoes and served with COUS COUS	Cheese and Bean melt Baked beans and cheddar cheese baked in a flaky puffed pastry
Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings
Packed Lunch Option Tuna, Cheese or Ham	Packed Lunch Option Tuna, Cheese or Ham	Packed Lunch Option Tuna, Cheese or Ham	Packed Lunch Option Tuna, Cheese or Ham	Packed Lunch Option Tuna, Cheese or Ham
1/2 Jacket Potato	Wedges	Mashed Potatoes	Rice	Chips
Chunky Mixed Vegetables	Sweetcorn and Baked Beans	Carrots and Parsnips	Broccoli and Sweetcorn	Peas
Lemon Drizzle Cake	Fruit Crumble with Custard	Chocolate Orange Cake	Banoffee Mousse	Key Lime Cookie



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