

## Week one

### Choose a main meal...

Vegetable Supreme Pizza with Jacket Wedges ✓  
Crispy Salmon Fillet Jacket Potato

### on the side...

House Coleslaw Peas & Broccoli  
**for dessert...**  
Fruity Apricot Square Fresh Fruit Platter

### Choose a main meal...

Cottage Pie Mild Mexican Vegetable Chilli with Rice ✓  
Pasta Bar

### on the side...

Green Beans, Cauliflower Mixed Bean Salad  
**for dessert...**  
Pineapple & Peach Crumble with Custard Fresh Fruit Bowl

### Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy  
Cheese & Potato Bake ✓  
Assorted Sandwiches

### on the side...

Braised Red Cabbage, Carrots  
Tomato & Cucumber Salad  
**for dessert...**  
Fruit Cake with Yoghurt Fresh Fruit Salad

### Choose a main meal...

Chinese Chicken with Noodles or Rice  
Vegetable Biryani ✓  
Jacket Potato

### on the side...

Broccoli, Sweetcorn Carrot & Sultana Salad  
**for dessert...**  
Shortbread Biscuit with Fruit Slices Fresh Fruit Bowl

### Choose a main meal...

Crispy Fish & Chips  
Veggie Hot Dog with Chips ✓  
Pasta Bar

### on the side...

Baked Beans, Appleslaw Peas  
**for dessert...**  
Chocolate & Banana Muffin with Fruit Slices Fresh Fruit Platter

## Week two

### Choose a main meal...

Mac 'N' Cheese ✓  
Beef and Bean Casserole with Rice ✓  
Jacket Potato

### on the side...

Broccoli, Sweetcorn Crunchy Salad  
**for dessert...**  
Chocolate & Mandarin Sponge with Chocolate Sauce Fresh Fruit Platter

### Choose a main meal...

Chicken and Sweetcorn Pie with Creamy Mash & Gravy  
Vegetarian Sausages with Creamy Mash & Gravy ✓  
Pasta Bar

### on the side...

Carrots, Seasonal Cabbage Apple & Celery Salad  
**for dessert...**  
Oatie Biscuit with Fruit Slices Fresh Fruit Bowl

### Choose a main meal...

Roast Chicken with Roast Potatoes & Gravy  
Quorn Roast with Roast Potatoes & Gravy ✓  
Assorted Baguettes

### on the side...

Peas, Broccoli Beetroot Salad  
**for dessert...**  
Apple and Pear Strudel with Cream Fresh Fruit Salad

### Choose a main meal...

Mild Beef Chilli with Rice  
Creamy Tomato & Basil Pasta ✓  
Jacket Potato

### on the side...

Sweetcorn, Green Beans Tomato & Cucumber Salad  
**for dessert...**  
Pineapple & Carrot Cake Slice with Custard Fresh Fruit Bowl

### Choose a main meal...

Golden Fish Fingers & Chips  
Bean & Potato Burrito with Chips ✓  
Pasta Bar

### on the side...

Baked Beans, Peas Crunchy Coleslaw  
**for dessert...**  
Berry Flapjack with Fruit Slices Fresh Fruit Platter

## Week three

### Choose a main meal...

Pasta Bolognese  
Quorn Sausage & Tomato Pasta Bake with a Bread Wedge ✓  
Jacket Potato

### on the side...

Peas, Sweetcorn Apple Slaw  
**for dessert...**  
Vanilla Ice Cream with Chocolate Crunchy Biscuit Fresh Fruit Platter

### Choose a main meal...

Chicken Tikka Thigh with Rice  
Cheese & Sweetcorn Quiche with New Potatoes ✓  
Jacket Potato

### on the side...

Broccoli, Carrots Fresh Tomato Salsa  
**for dessert...**  
Apple Cracknell with Custard Fresh Fruit Bowl

### Choose a main meal...

Roast Beef with Roast Potatoes & Gravy  
Shepherdess Pie ✓  
Assorted Sandwiches

### on the side...

Roast Parsnips Sweetcorn, Beet root salad  
**for dessert...**  
Lemon Cake with Fresh Fruit Fresh Fruit Salad

### Choose a main meal...

BBQ Jerk Chicken with Jellof Rice  
Mild Yellow Vegetable Curry with Rice ✓  
Jacket Potato

### on the side...

Green Beans, Carrots Crunchy Salad  
**for dessert...**  
Chocolate Sultana Crispie with Fruit Slices Fresh Fruit Bowl

### Choose a main meal...

Beef burger in a bun with Chips  
Veggie Quesadilla with Chips  
Quorn Vegetable Burger with Chips

### on the side...

Baked Beans, Peas Coleslaw  
**for dessert...**  
Creamy Rice Pudding with Peaches Fresh Fruit Platter

Our chicken and milk are Red Tractor approved



WE BUY 95% of our seasonal vegetables direct from British growers



FRESH SALAD IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER 30% of our products are transported by vehicles that run on biofuel



All our bananas are FAIRTRADE



ALL OUR BREAD IS

FRESHLY BAKED EVERY DAY

FARM TO FORK

We can trace every cut of meat back to the farms of origin



We only use Lion Quality British Eggs



WE SUPPORT 82 BRITISH DAIRY FARMS