



Every day we offer: Fruit Juice Cordial, Organic Semi Skimmed Milk, and a Fresh Bread Basket. Ketchup is offered with selected dishes. Items in BLUE denote contents of Deli Bag. Vegetable accompaniments may change due to seasonal availability.

Week one

Week Commencing: 12/11, 3/12, 7/1/19, 28/1, 25/2, 18/3, 8/4

Main meal...

British Pork Sausages with Gravy and Creamy Mashed Potatoes (v,h) Doug's Farmhouse Omelette with Baked Potato Wedges Tuna Mayonnaise Sandwich Radnor Juice Carton (50/50 juice/water)

MONDAY

On the side...

Vegetable Sticks/Fresh Salad Bar Vegetables of the Day

For dessert...

(v,h) Homemade Flapjack (v) Cheddar Cheese, Crackers & Apple (v) Organic Yoghurt or Fresh Fruit

Main meal...

BBQ Chicken Fillet Bites in a Wrap, Baked Potato Wedges (v,h) Vegetable Pasta Bake, with Malted Wheat Baguette (v) Cheddar Cheese Soft Bap Radnor Juice Carton

TUESDAY

On the side...

Vegetable Sticks/Fresh Salad Bar Corn on the Cob or Peas

For dessert...

(v,h) Toffee Apple Sponge with Custard (v) Ice Cream Tub (v) Organic Yoghurt or Fresh Fruit

Main meal... ROAST DAY

British Roast Beef, Yorkshire Pudding, Gravy, Crispy Roast Potatoes (v) Veggie Toad in the Hole, Gravy, Crispy Roast Potatoes Sliced Ham Soft Bap Milkshake Carton

WEDNESDAY

On the side...

Vegetable Sticks/Fresh Salad Bar Vegetables of the Day

For dessert...

(v,h) Chocolate Crunch Biscuit (v) Organic Yoghurt or Fresh Fruit (v) Raisin Box

Main meal...

(h) Homemade Mild Chicken Tikka with Wholegrain Rice (v,) Cheese and Tomato Pizza Wedge, Crispy Potatoes Sliced Turkey Sandwich Milkshake Carton

THURSDAY

On the side...

Vegetable Sticks/Fresh Salad Bar Vegetables of the Day

For dessert...

(v,h) Lemon or Orange Drizzle Cake (v) Organic Yoghurt or Fresh Fruit

Main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fingers with Chipped Potatoes (v,h) Chinese Style Quorn with Noodles (v) Egg Mayo and Cress Soft Bap Radnor Juice Carton

FRIDAY

On the side...

Vegetable Sticks/Fresh Salad Bar Peas or Baked Beans

For dessert...

(v) Pancakes with Fruit Toppings (v) Organic Yoghurt or Fresh Fruit (v) Raisin Box

Week two

Week Commencing: 19/11, 10/12, 14/1/19, 4/2, 4/3, 25/3, 29/4

Main meal...

Organic Beef Grill in a High Fibre Bun, Baked Potato Wedges (v,h) Saffron's Vegetable and Lentil Korma, Wholegrain Rice British Turkey Wrap Milkshake Carton

MONDAY

On the side...

Vegetable Sticks/Fresh Salad Bar Vegetables of the Day

For dessert...

(v) Creamy Whip with Fruit (v,h) Homemade Favourite Cookie (v) Organic Yoghurt or Fresh Fruit

Main meal...

(h) Homemade Chicken Pie, Gravy, Creamy Mash or Crispy Potatoes (v) Jacket Potato with Cheese and Sweetcorn (v) Cheddar Cheese Sandwich Radnor Juice Carton

TUESDAY

On the side...

Vegetable Sticks/Fresh Salad Bar Vegetables of the Day or Baked Beans

For dessert...

(v,h) Iris's Homemade Fruit Muffin Traybake or (v) Ice Cream Tub (v) Organic Yoghurt or Fresh Fruit

Main meal... ROAST DAY

British Roast Pork Joint/Loin or Gammon Joint, Apple Sauce, Gravy, Crispy Roast Potatoes (v,h) Cheesy Pasta Bake, Malted Wheat Baguette Tuna Mayonnaise Soft Bap Milkshake Carton

WEDNESDAY

On the side...

Vegetable Sticks/Fresh Salad Bar Vegetables of the Day

For dessert...

(v,h) Up Beet Chocolate Cake (v) Organic Yoghurt or Fresh Fruit

Main meal...

(h) Pasta with Doug's Organic Beef Bolognese Sauce, (h) Garlic Bread (v,h) Not Too Spicy Vegetable Burrito Baked Potato Wedges British Chicken Soft Bap Radnor Juice Carton

THURSDAY

On the side...

Vegetable Sticks/Fresh Salad Bar Vegetables of the Day

For dessert...

(v,h) Apple Pudding & Custard (v) Strawberry Swirl Mousse, (v) Raisin Box (v) Organic Yoghurt or Fresh Fruit

Main meal... FISHY FRIDAY

(msc) Harry Ramsden's Seaside Salmon Fish Fillet, Criss-Cross Potatoes (v,h) Saffron's Homemade Favourite Quiche, Criss-Cross Potatoes (v) Cheddar Cheese Wrap Radnor Juice Carton

FRIDAY

On the side...

Vegetable Sticks/Fresh Salad Bar Peas or Baked Beans

For dessert...

(v) Cheddar Cheese, Crackers & Apple Jelly with Peaches (v) Organic Yoghurt or Fresh Fruit

Week three

Week Commencing: 26/11, 17/12, 21/1/19, 11/2, 11/3, 1/4, 6/5

Main meal...

Doug's Organic Pork Meatballs, Rich Tomato Gravy and Pasta (v,h) Broccoli and Sweetcorn Bake, Malted Wheat Baguette Vegetables layered between sliced potatoes and baked in a creamy sauce (v) Cheddar Cheese Soft Bap Radnor Juice Carton

MONDAY

On the side...

Vegetable Sticks/Fresh Salad Bar Vegetables of the Day

For dessert...

(v,h) Homemade Zesty Orange Cookie (v) Organic Yoghurt or Fresh Fruit (v) Raisin Box

Main meal...

Tasty Brunch Lunch - bacon medallion, pork sausage and potato wedges served with baked beans or tomatoes (v) Breadcrumbed Vegetable Fingers, Baked Potato Wedges British Roast Chicken Wrap Radnor Juice Carton

TUESDAY

On the side...

Vegetable Sticks/Fresh Salad Bar Baked Beans or Tomatoes

For dessert...

(v,h) Chef's Fruit Crumble with Custard (v) Ice Cream Tub (v) Organic Yoghurt or Fresh Fruit

Main meal... ROAST DAY

Roast Chicken Fillet or Joint, Gravy and Crispy Roast Potatoes (v,h) Vegetable Lasagne, Malted Wheat Baguette Filled with Mediterranean vegetables in rich tomato sauce Sliced Ham Soft Bap Milkshake Carton

WEDNESDAY

On the side...

Vegetable Sticks/Fresh Salad Bar Vegetables of the Day

For dessert...

(v,h) Homemade Iced Sponge (v) Organic Yoghurt or Fresh Fruit

Main meal...

(h) Organic Minced Beef Pie with a Puff Pastry Top, Gravy, Creamy Mash or Crispy Potatoes (v,h) Homemade Rustic Cheese & Tomato Pizza, Crispy Potatoes Tuna Mayonnaise Sandwich Milkshake Carton

THURSDAY

On the side...

Vegetable Sticks/Fresh Salad Bar Vegetables of the Day

For dessert...

Jelly with Fruits in Juice, (v,h) Homemade Tempting Triangle crunchy oatly biscuit with cherries (v) Organic Yoghurt or Fresh Fruit (v) Raisin Box

Main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fillet with Chipped Potatoes (v,h) Quorn Korma with Wholegrain Rice (v) Cheddar Cheese Soft Bap Radnor Juice Carton

FRIDAY

On the side...

Vegetable Sticks/Fresh Salad Bar Peas or Baked Beans

For dessert...

(v,h) Homemade Chocolate Cracknel (v) Organic Yoghurt or Fresh Fruit

(v) Vegetarian Option (h) Homemade (msc) Certified Sustainable Seafood

