

# Weekly Menu

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

## Week one

Week Commencing: 14/5, 11/6, 2/7, 3/9, 24/9, 15/10

### Main meal...

British Pork Sausages with Gravy and Creamy Mashed Potatoes  
(v) Fusilli Pasta with a Rich Tomato Sauce, Fresh Baked Bread

(v) Cheddar Cheese Soft Bap

### MONDAY

#### On the side...

Vegetable Sticks/Fresh Salad Bar  
Vegetables of the Day

#### For dessert...

(v) Strawberry Swirl Mousse  
(v) Organic Yoghurt or Fresh Fruit  
(v) Fruit Bag and Chef's (h) Biscuit

### Main meal...

Chinese Style Turkey Meatballs with Egg Noodles  
(v,h) Homemade Cheese and Potato Pie

British Roast Chicken Wrap

### TUESDAY

#### On the side...

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

#### For dessert...

(v,h) Saffron's Citrus Sponge with Mandarin Oranges or (v) Organic Yoghurt or Fresh Fruit (v) Raisin Box

### Main meal... ROAST DAY

British Roast Pork Joint or Loin with Apple Sauce and Gravy with Roast Potatoes

(v,h) Saffron's Vegetable and Lentil Korma, Wholegrain Rice  
Sliced Ham Soft Bap

### WEDNESDAY

#### On the side...

Vegetable Sticks/Fresh Salad Bar  
Vegetables of the Day

#### For dessert...

(v,h) Saffron's Homemade Cookie  
(v) Organic Yoghurt or Fresh Fruit  
(v) Fruit Bag

### Main meal...

Homemade Chicken Pie, Gravy and Mashed Potatoes or Wedges  
(v) Veggie Toad in the Hole, Gravy and Mashed Potatoes or Wedges

Sliced Turkey Sandwich

### THURSDAY

#### On the side...

Vegetable Sticks/Fresh Salad Bar  
Reece's Super Greens (mixed green veggies)  
Fresh Carrots

#### For dessert...

(v,h) Orchard Fruits Crumble, Custard  
(v) Organic Yoghurt, Fresh Fruit, Raisins

### Main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fillet with Chipped Potatoes  
(v) Doug's Favourite Organic 3 Bean Chilli with Rice

(v) Egg Mayo and Cress Soft Bap

### 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) Fruit Bag

## Week two

Week Commencing: 21/5, 18/6, 9/7, 10/9, 1/10, 22/10

### Main meal...

Doug's Organic Pork Meatballs, Rich Tomato Sauce and Pasta  
(v,h) Doug's Farmhouse Omelette with Fresh Baked Bread

British Roast Chicken Soft Bap

### MONDAY

#### On the side...

Vegetable Sticks/Fresh Salad Bar  
Vegetables of the Day

#### For dessert...

(v) Cheddar Cheese, Crackers and Apple Wedge or (v) Ice Cream Tub or Fresh Fruit

### Main meal...

Red Tractor Mild Chicken Korma, Wholegrain Rice  
(v) Linda McCartney Veggie Sausages, Crispy Diced Potatoes

Sliced Ham Sandwich

### TUESDAY

#### On the side...

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

#### For dessert...

(v,h) Iris's Homemade Very Berry Muffin  
(v) Organic Yoghurt or Fresh Fruit  
(v) Raisin Box

### Main meal... ROAST DAY

British Roast Beef with Yorkshire Pudding, Gravy & Roast Potatoes  
(v,h) Chinese Style Quorn "Meatballs" with Egg Noodles

(v) Cheddar Cheese Wrap

### WEDNESDAY

#### On the side...

Vegetable Sticks/Fresh Salad Bar  
Reece's Super Greens (mixed green veggies)  
Vegetables of the Day

#### For dessert...

(v,h) Iris's Superfood Granola Bar or Jelly and Peaches  
(v) Organic Yoghurt or Fresh Fruit

### Main meal...

(h) Cheesy Barbeque Bacon Pasta with Potato Wedges  
(v) Margherita Pizza Slice with Potato Wedges

Sliced Turkey Soft Bap

### THURSDAY

#### On the side...

Vegetable Sticks/Fresh Salad Bar  
Vegetables of the Day

#### For dessert...

(v,h) Homemade Syrup Sponge & Custard  
(v) Organic Yoghurt or Fresh Fruit  
(v) Raisin Box

### Main meal... FISHY FRIDAY

\*(msc) Harry Ramsden's Seaside Fish Fillet, Criss-Cross Potatoes  
(v,h) Jacket Potato with Cheddar Cheese

Tuna Mayonnaise Soft Bap

### FRIDAY

#### On the side...

Vegetable Sticks/Fresh Salad Bar  
Peas or Baked Beans

#### For dessert...

(v,h) Doug's Homemade Chocolate Flapjack  
(v) Organic Yoghurt or Fresh Fruit  
(v) Fruit Bag

\*Salmon Fillet

## Week three

Week Commencing: 4/6, 25/6, 16/7, 17/9, 8/10, 5/11

### Main meal...

Organic Beef Grill in a High Fibre Bun, Crispy Diced Potatoes  
(v,h) Vegetable Risotto Bake with Fresh Baked Bread

(v) Cheddar Cheese Soft Bap

### MONDAY

#### On the side...

Vegetable Sticks/Fresh Salad Bar  
Vegetables of the Day

#### For dessert...

(v) Ice Cream Tub  
(v) Organic Yoghurt or Fresh Fruit  
(v) Raisin Box

### Main meal...

The Nutrigang's Tasty Brunch Lunch (bacon medallion, pork sausage and baked beans served with fresh baked bread)  
(v,h) Cheesy Pasta Bake with Fresh Baked Bread

British Roast Chicken Wrap

### TUESDAY

#### On the side...

Vegetable Sticks/Fresh Salad Bar  
Vegetables of the Day

#### For dessert...

(v,h) Eve's Pudding with Custard  
(v) Organic Yoghurt or Fresh Fruit  
(v) Fruit Bag

### Main meal... ROAST DAY

Roast Chicken Fillet or Joint with Gravy and Roast Potatoes  
(v,h) Vegetarian Chilli (made with Linda McCartney veggie mince) with Rice

Sliced Ham Soft Bap

### WEDNESDAY

#### On the side...

Vegetable Sticks/Fresh Salad Bar  
Reece's Super Greens (mixed green veggies)  
Vegetables of the Day

#### For dessert...

(v,h) Homemade Shortbread  
(v) Organic Yoghurt, Fresh Fruit, Raisins

### Main meal...

(h) Spaghetti Bolognese made with Organic Minced Beef, Fresh Baked Bread  
(v,h) Homemade Rustic Cheese & Tomato Pizza, Potato Wedges

Tuna Mayonnaise Sandwich

### THURSDAY

#### On the side...

Vegetable Sticks/Fresh Salad Bar  
Vegetables of the Day

#### For dessert...

Strawberry Mousse with Jelly and Fruit  
(v) Organic Yoghurt or Fresh Fruit  
(v) Fruit Bag

### Main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fingers with Chipped Potatoes  
(v) Veggie Hot Dog with Chipped Potatoes

(v) Egg Mayo and Cress Soft Bap

### FRIDAY

#### 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  
(v) Raisin Box

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