

Week 1 W/C: 6 Jan / 27 Jan / 24 Feb / 17 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	All Day Brunch	Beef Bolognese Pasta	Roast Turkey	Meat Feast Pizza	Battered Fish Fillet
Veggie	All Day Veggie Brunch	Vegetable & Noodle Wrap	Tomato Tumble	Margherita Pizza	Vegan Burger
Sides	Baked Beans or Salad Bar	Pasta & Sweetcorn or Salad Bar	Roast Potatoes, Broccoli, Baby Carrots or Salad Bar	Whole Pasta & Sweetcorn or Salad Bar	Chips, Beans & Peas
Jacket/Roll	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham
Dessert	Lemon & Courgette Drizzle Cake, Fruit or Yoghurt	Toffee Apple Crumble with Squirry Cream, Fruit or Yoghurt	Chocolate Ice Cream & Mandarins, Fruit or Yoghurt	Jam & Cream Muffin, Fruit or Yoghurt	Chocolate Brownie, Fruit or Yoghurt

Week 2 W/C: 13 Jan / 3 Feb / 3 Mar / 24 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Bolognese & Pasta	Chicken Enchilada	Sausage Encroute	Cheese & Ham Pizza Baguette	Fish Fingers
Veggie	Macaroni Cheese	Savoury Cheese Muffin	Country Crumble	Margherita Pizza Baguette	Veggie Nuggets
Sides	Peas or Salad Bar	Whole wheat Pasta, Sweetcorn or Salad Bar	Roasted Potatoes, Broccoli, Baby Carrots, Gravy	Pasta, Sweetcorn or Salad Bar	Chips, Peas or Beans
Jacket/Roll	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham
Dessert	Syrup Sponge & Custard, Fruit or Yoghurt	Dream Chocolate Cookie, Fruit or Yoghurt	Vanilla Ice Cream & Fruit Cocktail, Fruit or Yoghurt	Toffee Banana Muffin, Fruit or Yoghurt	Raspberry Ripple Mousse, Fruit or Yoghurt

Week 3 W/C: 20 Jan / 10 Feb / 10 Mar / 31 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Sausage & Mash & Gravy	Beef Enchilada	Roast Gammon	Pepperoni Pizza Baguette	Breadcrumb Chicken Fillet
Veggie	Cheese & Tomato Pasta Bake & Garlic Bread	Cheese Ratatouille Bake	Homemade Veggie Roast	Margherita Pizza	Homemade Cheese Wheel
Sides	Green Beans or Salad Bar	Sweetcorn & Brown Rice or Salad Bar	Toast Potatoes, Broccoli & Baby Carrots or Salad Bar	Wholewheat Pasta, Sweetcorn or Salad Bar	Crispy Diced Oven Potatoes, Spaghetti Hoops or Peas
Jacket/Roll	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham
Dessert	Pineapple Upside Down Cake & Squirry Cream, Fruit or Yoghurt	Strawberry Ice Cream with Winter Berries, Fruit or Yoghurt	Goopy Chocolate Sponge, Fruit or Yoghurt	Apple Flapjack, Fruit or Yoghurt	Butternut Squash Cake with Cream Cheese Frosting, Fruit or Yoghurt

The Guide to Goodness



Many of our homemade desserts contain at least 50% fruit or hidden veg



The fish we serve is from well-managed and sustainable fisheries



Over 75% of our dishes are made fresh on site from fresh ingredients



All our pizza and pasta sauces are homemade and have hidden veg



Where possible we use ingredients sourced from local producers