

# Spring/summer menu 2018

Available everyday: Salads, jacket potatoes with baked beans, cheese <sup>1</sup> or coleslaw <sup>11,14</sup>, fresh bread <sup>1,3,6,11</sup>, fruit yoghurt <sup>1</sup> and fresh fruit

Week	Day	Mains		Sides			Puddings
		Meat	Vegetarian				
<b>1</b> Commences 19 <sup>th</sup> February 12 <sup>th</sup> March 16 <sup>th</sup> April 7 <sup>th</sup> May 4 <sup>th</sup> June 25 <sup>th</sup> June 16 <sup>th</sup> July	Monday	Meat free Monday	Vegetarian rainbow pizza <sup>1,3,6,11</sup>	Half-baked potato	Baked beans	Mixed salad	Ice cream <sup>1</sup> or frozen mousse <sup>1</sup>
	Tuesday	Jerk style chicken jambalya	Mac 'n' cheese <sup>1,3,14</sup>	Rice & peas	Broccoli	Sweetcorn	Lemon sponge <sup>3,11</sup> with lemon sauce <sup>1</sup>
	Wednesday	Roast turkey, stuffing <sup>3</sup> & gravy <sup>3</sup>	Vegetable omelette <sup>1,11</sup>	Roast potatoes	Seasonal greens	Cauliflower	Fruit jelly
	Thursday	Pork meatballs & gravy <sup>3</sup>	Quorn sausage <sup>1,3,11</sup> & onion gravy <sup>3</sup>	Mashed potato <sup>1</sup>	Green beans	Carrots	Apple pie <sup>3,11</sup> & custard <sup>1</sup>
	Friday	Battered fish fillet <sup>2,3</sup> & tartare sauce <sup>11,14</sup>	Vegetable fajita <sup>1,3</sup>	Chips	Peas	Baked beans	Wholemeal oat cookie <sup>3</sup> & milk <sup>1</sup>
<b>2</b> Commences 26 <sup>th</sup> February 19 <sup>th</sup> March 23 <sup>rd</sup> April 14 <sup>th</sup> May 11 <sup>th</sup> June 2 <sup>nd</sup> July 23 <sup>rd</sup> July	Monday	Hot dog <sup>3,12</sup> , caramelised onions & sauces	Quorn dog <sup>1,3,11</sup> , caramelised onions & sauces	Potato wedges	Sweetcorn	Salad	Strawberry mousse <sup>1</sup> /mango & vanilla yoghurt <sup>1</sup>
	Tuesday	Mild chicken curry <sup>1</sup>	Tomato & basil pasta with cheese <sup>1,3</sup>	Savoury rice	Green beans	Crudites	Fruit sponge <sup>3,11</sup> & custard <sup>1</sup>
	Wednesday	Roast gammon & gravy <sup>3</sup>	Vegetable & lentil hot pot	Roast potatoes	Seasonal greens	Carrots	Fruit & ice cream <sup>1</sup>
	Thursday	Beef lasagne <sup>1,3,14</sup>	Vegetable paella	Mediterranean bread <sup>1,3,6,11</sup>	Broccoli	Coleslaw <sup>11,14</sup>	Choice of cookie <sup>3</sup>
	Friday	Fish fingers <sup>2,3</sup> or salmon fishcake <sup>2,3</sup>	Tomato & cheese quiche <sup>1,3,11</sup>	Chips	Peas	Baked bean	Iced finger bun <sup>3,7</sup>
<b>3</b> Commences 5 <sup>th</sup> March 26 <sup>th</sup> March 30 <sup>th</sup> April 21 <sup>st</sup> May 18 <sup>th</sup> June 9 <sup>th</sup> July	Monday	Jacket potato bar (2 fillings) with spicy beans, coleslaw <sup>11,14</sup> , cheese <sup>1</sup>	Vegetable chilli	Rice	Salads from the salad bar		Chocolate sponge <sup>3,11</sup> with pear compote & chocolate sauce <sup>1</sup>
	Tuesday	Chicken pie with gravy <sup>3</sup>	Broccoli & cauliflower cheese <sup>1,14</sup>	Creamed potatoes <sup>1</sup>	Peas	Carrots	Fruit salad
	Wednesday	Roast pork, apple sauce & gravy <sup>3</sup>	Lentil & vegetable loaf	Cauliflower	Cabbage		Ice cream <sup>1</sup> or frozen yoghurt <sup>1</sup> or mousse <sup>1</sup>
	Thursday	Pasta with bolognese sauce <sup>3</sup>	Vegetable & bean wrap <sup>1,3</sup>	Mexicorn	Tomato & basil salad		Fruit goodie <sup>3</sup> & crumble <sup>1</sup>
	Friday	Fish fingers <sup>2,3</sup>	Caribbean patties <sup>1,3</sup>	Chips	Peas	Baked beans	Crispie cake <sup>3</sup> & milk <sup>1</sup>



## Food for life

We are proud holders of Soil Association bronze Food for Life standard



## MSC

All our fish is sustainable sourced and accredited by the Marine Stewardship Council



## ISO 9001

Principals is accredited to the ISO 9001/2015 quality management system



We work with butchers that source meat from farmers certified by Red Tractor and RSPCA Freedom Foods