

Week	Day	Mains		Sides	Puddings
		Meat	Vegetarian		
1	Monday	Margherita pizza (1,3,6,11)	Mixed bean enchilada (3)	Baked potato wedges, broccoli, coleslaw(11)	Chocolate mousse(1)
	Tuesday	Chicken meatballs in tomato sauce(3)	Soya mince Bolognese(3,6)	Spaghetti(3), green beans, crunchy vegetable salad	Fruit crumble(3) & custard(1)
	Wednesday	Roast pork & gravy	Broccoli & roasted pepper souffle potato(1,11)	Skin on roast potatoes, cabbage, carrots	Fresh fruit salad/Orange shortbread(3)
	Thursday	Pineapple & sweet chilli chicken	Mac n cheese(1,3,14)	Rice, sweetcorn, garden salad	Lemon drizzle cake(3,11)
	Friday	Cod fish fingers(2,3) or salmon fishcakes(2,3)	BBQ bean patty(3) & summer slaw(11)	Chips, baked beans, peas	Vanilla ice cream(1)
2	Monday	Cheese & tomato twist(1,3)	Moroccan stuffed pepper(3)	Garlic & herb bread(1,3,6,11), green beans, Rainbow slaw(11)	Courgette & lime cake(3,11)
	Tuesday	Chicken pasta bake(1,3)	Cauliflower curry with spiced tortilla shards(3) & rice	Sweetcorn, vegetable crudites	Crispie cake(3)
	Wednesday	Roast gammon & gravy	Quorn sausage roll(1,3,11)	Roast potatoes, braised red cabbage, carrots	Fruit sponge(3,11) & custard(1)
	Thursday	Italian beef ragu	Baked bean quesadilla(1,3)	Rice, broccoli, garden salad	Fresh fruit salad
	Friday	Battered cod(1,2,3)	Twice baked potatoes(1)	Chips, baked beans, peas	Chocolate cookie(1)
3	Monday	Pasta bar Wholemeal pasta(3) & Tuscan bean sauce	Pasta bar Wholemeal pasta(3) & cheese sauce(1)	Green beans, garden salad	Dutch apple cake(3,11)
	Tuesday	Sausage(3,12) baguette(3) with onions & ketchup	Courgette, pea & mint frittata(1,11)	Baked potato wedges, coleslaw(11), BBQ beans	Sultana & cinnamon swirl(1,3)
	Wednesday	Roast beef & gravy	Cauliflower cheese(1,14)	Skin on roast potatoes, cabbage, carrots	Fruit salad
	Thursday	Neapolitan chicken	Sweet potato & lentil dahl	Rice, broccoli and carrot, sultana & apple salad(11)	Chocolate sponge(3,11) & chocolate sauce(1)
	Friday	Fish fingers(2,3)	Quorn sausage(1,3,11) baguette(3)	Chips, baked beans, peas	Strawberry mousse(1)



**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