


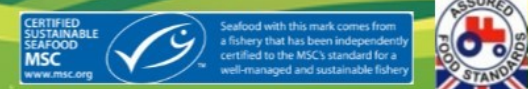
Week One

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Chicken <i>Red Tractor</i> diced chicken cooked in a homemade BBQ sauce	Cottage Pie <i>Organic</i> minced beef, seasonal vegetables, and peas cooked in a rich gravy and topped with creamy mashed potatoes	Beef Meatballs in Tomato Sauce <i>Red Tractor</i> beef meatballs made with our own blend of herbs and seasonings and cooked in a homemade tomato sauce	Roast Chicken with Gravy Tender slices of <i>Red Tractor</i> roast chicken served with gravy	Fish Fingers  Sustainably sourced fish fingers served with homemade tomato ketchup
Veggie Stroganoff Chick Peas and <i>seasonal</i> vegetables cooked in a creamy paprika sauce	Cheesy Beany Potato Layer Mashed potatoes layered with baked beans and topped with cheese	Spanish Frittata <i>Organic</i> eggs baked with sliced potatoes, garden peas and fresh tomatoes. Served with crusty bread	Vegetable Crumble <i>Autumn</i> vegetables cooked in a rich gravy and topped with a sage and onion stuffing	Sticky Veggie Sausages Quorn sausages cooked in a homemade BBQ sauce
Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings
Deli Bar with a Selection of Breads	Deli Bar with a Selection of Breads	Deli Bar with a Selection of Breads	Deli Bar with a Selection of Breads	Deli Bar with a Selection of Breads
Rice		Pasta	Roast Potatoes	Chips
Sweet Corn	Mixed Vegetables	Broccoli	Carrots and Parsnips	Baked Beans and Peas
Pineapple Flapjack	Lemon Drizzle Cake	Sticky Toffee Pudding with Custard	Chocolate Mousse	Apple Crumble Bars


Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day. Allergy information available on request.



Providing fresh, local & seasonal ingredients.
High welfare meats & sustainable fish



Week Two

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese Pasta tubes cooked in a homemade cheddar cheese sauce	Cowboy Casserole <i>Red Tractor</i> beef sausages cooked in baked beans	Chicken Korma <i>Red Tractor</i> diced chicken cooked in a mild korma sauce	Roast Beef with Gravy and Yorkshire Pudding Tender slices of <i>Red Tractor</i> roast beef served with gravy and Yorkshire Pudding	Breaded Salmon  Sustainably sourced breaded salmon, oven baked and served with homemade tomato ketchup
Veggie Samosa Potatoes and seasonal vegetables cooked inside a puff pastry pocket and served with curry sauce and rice	Cheesy Vegetable Loaf with Gravy Lentils and seasonal vegetables baked into a loaf and served with gravy	Potato Cakes with Homemade Sauce Coriander flavoured potatoes formed into cakes and served with a Homemade sauce	Veggie Toad in the Hole Quorn Sausages cooked in Yorkshire Pudding batter and served with onion gravy	Cheese and Tomato Pizza 50% wholemeal pizza bases topped with homemade tomato sauce and cheese
Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings
Deli Bar with a Selection of Breads	Deli Bar with a Selection of Breads	Deli Bar with a Selection of Breads	Deli Bar with a Selection of Breads	Deli Bar with a Selection of Breads
Peas	Mashed Potatoes	Rice	New Potatoes	Chips
Chocolate and Pear Loaf	Cauliflower and Broccoli	Carrots	Autumn Mixed Vegetables	Coleslaw and Baked Beans
	Berry Bars	Rhubarb Custard Crunch	Honey Coconut Cookies	St. Clement's Sponge


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Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Burger Red Tractor chicken fillet served in a bap with ketchup	Beef Lasagne <i>Organic</i> minced beef and <i>seasonal</i> vegetables cooked homemade tomato sauce, layered with lasagne sheets and topped with a creamy white sauce	Chicken Pot Pie <i>Red Tractor</i> diced chicken and <i>seasonal</i> vegetables cooked in a rich gravy and topped with puff pastry	Roast Pork with Gravy Tender slices of <i>Red Tractor</i> roast pork served with gravy	Breaded Fish  Sustainably sourced breaded whitefish, oven baked, and served with homemade tomato ketchup
Veggie Fajita <i>Seasonal</i> vegetables and beans cooked in a mild Mexican sauce and wrapped in a flour tortilla	Vegetable Casserole Mediterranean vegetables cooked in a rich homemade tomato sauce	Veggie Slice with Gravy Beans and <i>seasonal</i> vegetables rolled inside puff pastry	Cauliflower Cheese Cauliflower baked in a homemade cheddar cheese sauce	Broccoli and Cheese Omelette Broccoli and cheese baked inside <i>organic</i> eggs
Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings
Deli Bar with a Selection of Breads	Deli Bar with a Selection of Breads	Deli Bar with a Selection of Breads	Deli Bar with a Selection of Breads	Deli Bar with a Selection of Breads
Wedges	Crusty Bread	Parsley Potatoes	Mashed Potatoes	Chips
Coleslaw and Baked Beans	Green Beans and Sweet Corn	Mixed Vegetables	Carrots and Broccoli	Peas
Blueberry Cake	Apple Eve's Pudding with Custard	Crispy Cheesecake Bar	Ruby Brownie	Fruit Flapjack


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Week Four

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato Pasta Bake Lentils and seasonal vegetables cooked in a homemade tomato sauce and baked with pasta twists and cheddar cheese	Beef Fajita Bake <i>Organic</i> beef mince and <i>seasonal</i> vegetables layered with flour tortillas and topped with tomato sauce and cheese	All Day Breakfast Red Tractor beef sausages made with our own blend of herbs and spices, served with omelette	Roast Chicken with Gravy Tender slices of <i>Red Tractor</i> roast chicken served with gravy	Breaded Salmon  Sustainably sourced breaded salmon, oven baked and served with homemade tomato ketchup
Cheese and Onion Pasty served with Baked Beans Cheddar Cheese and Onions wrapped inside a homemade pastry and served with baked beans	Potato and Leek Gratin Sliced potatoes and leeks cooked in a cheesy white sauce	All Day Veggie Breakfast Quorn sausages served with omelette	Vegetable Loaf with Gravy <i>Seasonal</i> vegetables baked into a savoury loaf and served with Onion Gravy	Margherita Pizza 50% wholemeal pizza bases topped with homemade tomato sauce and cheese
Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings
Deli Bar with a Selection of Breads	Deli Bar with a Selection of Breads	Deli Bar with a Selection of Breads	Deli Bar with a Selection of Breads	Deli Bar with a Selection of Breads
Green Beans	Rice	Hash browns	New Potatoes	Chips
Black Forest Cake	Sweet Corn	Roasted Plum Tomatoes and Baked Beans	Broccoli and Carrots	Peas
	Apple Crumble with Custard	Banoffee Mousse	Honey Coconut Loaf	Oatmeal Cookie

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