



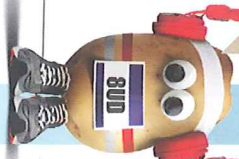
Cool water, organic milk and fruit juice served daily. *Fruit based **Wholegrain. Sandwiches with a choice of fillings available daily, we have a fresh seasonal salad bar and homemade 50/50 bread available daily. Whenever possible we cater for special dietary requests, please speak to your Catering Manager.

Week one

05/06 26/06 17/07 11/09 02/10 23/10

Jacket potatoes are available every day.

Traditional Pasta Beef Bolognese** with Sweetcorn & Broccoli
Mini Brownie with Banana Slices*
Homemade Cheese & Tomato Pizza v with Baked Wedges, Sweetcorn & Broccoli
Fruit Yoghurt



Pork Meatballs in Tomato Sauce with Wholegrain Rice** Baton Carrots & Garden Peas
Fruity Delight*
Fresh Fruit
Fruit Yoghurt

Local Turkey, with Roast Potatoes, Gravy, Cauliflower & Green Beans
Yoghurt with Peach Compote*
Fresh Fruit
Quorn Roast* v with Creamed Potatoes, Gravy, Cauliflower & Green Beans
Fruit Yoghurt

Cottage Pie with Sweetcorn & Spring Cabbage
Fruity Apricot Bar*
Fresh Fruit
Vegetarian Meatballs in a Tomato Sauce v with Wholegrain Rice** Sweetcorn & Spring Cabbage
Fruit Yoghurt

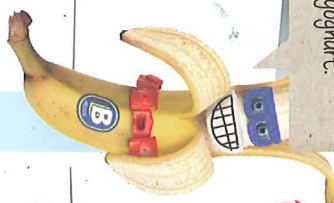
Golden Fish Fillet Fingers with Chips, Baked Beans, Garden Peas & Baton Carrots
Chocolate and Banana Muffin*
Fresh Fruit
Baked Bean & Cheese Bubble & Squeak v with Chips, Baked Beans, Garden Peas & Baton Carrots
Fruit Yoghurt

Week two

12/06 03/07 24/07 18/09 09/10

If you don't fancy dessert, you can always enjoy fresh fruit or yoghurt.

Homemade Pizza Topped with Tomato and Mozzarella Baked Potato Wedges, Sweetcorn & Broccoli
Yoghurt with Peach Compote*
Fresh Fruit
Tomato & Basil Pasta v** with Sweetcorn & Broccoli
Fruit Yoghurt



Local Sausages with Mashed Potatoes, Gravy, Garden Peas & Leeks
Fruit Sponge Cake with Custard*
Fresh Fruit
Vegetable Lasagne v with Garden Peas & Leeks
Fruit Yoghurt

Roast Turkey with Minted New Potatoes, Gravy, Spring Cabbage & Baton Carrots
Oatie Biscuit and Fruit Platter*
Fresh Fruit
Savoury Cheese Quiche v with Minted New Potatoes, Gravy, Spring Cabbage & Baton Carrots
Fruit Yoghurt

Chicken Thigh in a Tasty BBQ Sauce with Wholegrain Rice** Green Beans & Sweetcorn
Tutti Fruiti Yoghurt with Fruit Dippers*
Fresh Fruit
Vegetable Korra v with Wholegrain Rice** Green Beans & Sweetcorn
Fruit Yoghurt

Crispy Battered Fillet of Fish with Chips, Baked Beans, Garden Peas & Baton Carrots
Cool Ice Cream Pot with Mandarin Segments*
Fresh Fruit
Bean & Chive Frittata v with Chips, Baked Beans, Garden Peas & Baton Carrots
Fruit Yoghurt

Week three

19/06 10/07 04/09 25/09 16/10

Homemade Cheese & Tomato Pizza with Baked Potato Wedges, Broccoli & Sweetcorn
Fruity Picnic Bar*
Fresh Fruit
Mild Mexican Vegetable Chili v with Wholegrain Rice** Broccoli & Sweetcorn
Fruit Yoghurt

Shepherds Pie with Leeks & Carrots
Yoghurt with Pear & Blackcurrant Compote*
Fresh Fruit
Vegetarian Sausages v with Mashed Potatoes, Gravy, Leeks & Carrots
Fruit Yoghurt

Roast Pork Loin with Roast Potatoes, Gravy, Cabbage & Cauliflower
Apple Crumble with Custard*
Fresh Fruit
Country Vegetable Pie v with Roast Potatoes, Cabbage & Cauliflower
Fruit Yoghurt

Homemade Breaded Chicken Fillet with Pasta Salad ** Green Beans & Sweetcorn
Berry Chili*
Fresh Fruit
Cheddar Cheese & Sweetcorn Quiche v with Minted New Potatoes, Green Beans & Sweetcorn
Fruit Yoghurt

Breaded Salmon Fillet or Golden Fish Fillet Fingers Chips, Baked Beans, Garden Peas & Baton Carrots
Peach Sponge with Custard*
Fresh Fruit
Quorn Burger v with Tomato Relish, Chips, Baked Beans, Garden Peas & Baton Carrots
Fruit Yoghurt

There is a vegetarian choice every day... and don't forget that salad is available daily.



Keep yourself topped up with water - it will help you concentrate all day long.

