

Week one

16/04 07/05 28/05 18/06 09/07 30/07 20/08 10/09 01/10

Choose a main meal...

Mediterranean Tart with Pasta Salad \checkmark
 Tomato and Mozzarella Pizza with Pasta Salad \checkmark

on the side...

Crunchy Salad
 Peas
for dessert...
 Strawberry Ice Cream

Choose a main meal...

Chicken Mayo Burger with Jacket Wedges
 Vegetable Biryani \checkmark

on the side...

House Coleslaw
 Sweetcorn
for dessert...
 Mini Chocolate Brownie with Banana

Choose a main meal...

Beef Chilli and Rice
 Macaroni and Sweetcorn and Cheese Bake \checkmark

on the side...

Green Beans
for dessert...
 Blueberry Frozen Yoghurt

Choose a main meal...

Roast Pork with Roast Potatoes and Gravy
 Quorn Roast with Roast Potatoes and Gravy \checkmark

on the side...

Broccoli
 Carrots
for dessert...
 Flapjack with Fruit Slices

Choose a main meal...

Crispy Battered Pollock & Chips
 Veggie Hot Dog with Chips \checkmark

on the side...

Baked Beans
 Peas
for dessert...
 Orange Shortbread

Week two

23/04 14/05 04/06 26/06 16/07 06/08 27/08 17/09 08/10

Choose a main meal...

Vegetables in Tomato Sauce with Garlic and Herb Bread
 Macaroni Cheese \checkmark

on the side...

Broccoli
 Sweetcorn
for dessert...
 Vanilla Ice Cream

Choose a main meal...

Pork Sausages with Creamy Mash & Gravy
 Vegetarian Sausages with Creamy Mash & Gravy \checkmark

on the side...

Carrots
for dessert...
 Chocolate & Banana Mousse Pot

Choose a main meal...

Minced Beef Curry and Rice
 Creamy Tomato and Basil Pasta \checkmark

on the side...

Green Beans
for dessert...
 Carrot and Banana Slice

Choose a main meal...

Roast Turkey with Roast Potatoes and Gravy
 Cauliflower and Broccoli Bake with Roast Potatoes \checkmark

on the side...

Carrots
 Peas
for dessert...
 Oatle Biscuit with Fruit Slices

Choose a main meal...

Pollock Fingers & Chips
 Veggie Burger in a Bun with Tomato Relish & Chips \checkmark

on the side...

Baked Beans
 Crunchy Coleslaw
for dessert...
 Strawberry Jelly

Week three

30/04 21/05 11/06 02/07 23/07 13/08 03/09 24/09 15/10

Choose a main meal...

Vegetarian Bolognese Pasta \checkmark
 Mozzarella and Tomato Pizza with Jacket Wedges \checkmark

on the side...

Peas
 Coleslaw
for dessert...
 Mango Frozen Yoghurt

Choose a main meal...

Creamy Mild Chicken Curry with Rice
 Quorn Frankfurter Pasta Bake \checkmark

on the side...

Broccoli
 Carrots
for dessert...
 Peach Crumble with Custard

Choose a main meal...

Pasta Bolognese
 Mild Chickpea Curry and Rice \checkmark

on the side...

Sweetcorn
for dessert...
 Chocolate and Gingerbread Bite

Choose a main meal...

Honey Roasted Gammon with Roast Potatoes and Gravy
 Country Vegetable Pley \checkmark

on the side...

Green Beans
 Roast Mediterranean Vegetables
for dessert...
 Mandarins Orange Jelly

Choose a main meal...

Salmon Fish Fingers with Chips
 Vegetable Fajita with Chips \checkmark

on the side...

Baked Beans
 Peas
for dessert...
 Lemon Shortbread

WE SUPPORT
82
 BRITISH DAIRY FARMS



We only use
 Lion Quality
 British Eggs



FARM TO FORK
 We can trace every
 cut of meat back to
 the farms of origin

ALL OUR
 BREAD IS

FRESHLY BAKED
 EVERY DAY



All our
 bananas are
 FAIRTRADE

All our
 milk is Red
 Tractor
 approved



WE
 BUY
95%
 of our seasonal
 vegetables
 direct from
 British growers



FRESH SALAD
 IS AVAILABLE ON
 A DAILY BASIS

REDUCING OUR
 CARBON
 FOOTPRINT
OVER 30%
 of our products are
 transported by vehicles
 that run on biofuel

