

SPRING/SUMMER MENU 2023

BAGUETTE BAR

FRESHLY PREPARED SALAD, VEGETABLES AND FRUIT AVAILABLE DAILY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Pasta Bar, Ham & Cheese Sauce, Penne Pasta, Chunky bread & Crispy Side Salad (1, 6, 11)

Chicken Goujons, Seasoned Potato Bites & BBQ Baked Beans (1, 11)

Sausage Roast, Roast Potatoes, Chef's choice of Vegetables & Gravy (1, 11, 12)

The All-American Pepperoni Pizza, Potato Wedges & Mixed Salad (1, 6, 11)

Fish Fingers & Chips, with Garden Peas (1, 5, 11)

VEGGIE MEAL

Pasta Bar, Tomato & Basil Sauce, Penne Pasta, Chunky Bread & Crispy side salad (1, 11)

Epic Veggie Lasagne, loaded with Delicious Vegetable pasta sauce (1, 6, 11)

Veggie Sausage Roast, Roast Potatoes, Chef's choice of Vegetables & Gravy (1, 11)

The Original Cheese & Tomato Pizza, Potato Wedges & Mixed Salad (1, 6, 11)

Baked Mozzarella Cheese Stricks, Chips with Garden Peas (1, 6, 11)

JACKET POTATOES

Choose from Tuna (5, 8), Baked Beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked Beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked Beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked Beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked Beans and/or Cheese (6)

BAGUETTE BAR

Choose from Ham (1), Cheese (1, 6), Tuna (1, 5, 8)

Choose from Ham (1), Cheese (1, 6), Tuna (1, 5, 8)

Choose from Ham (1), Cheese (1, 6), Tuna (1, 5, 8)

Choose from Ham (1), Cheese (1, 6), Tuna (1, 5, 8)

Choose from Ham (1), Cheese (1, 6), Tuna (1, 5, 8)

DESSERTS

Traditional Shortbread (1), Fruit Selection or Yoghurt (6)

Lemon & Lime Drizzle Cake (1, 8), Fruit Selection or Yoghurt (6)

Jolly Fruit Jelly, Fruit Selection or Yoghurt (6)

Ice Cream (6), Fruit Selection or Yoghurt (6)

Chocolate Orange Cookie (1), Fruit Selection or Yoghurt (6)

MAIN MEAL

Italian Style Meatballs, in a Tomato & mixed herb sauce, Pasta and Garlic Bread (1, 11, 12)

Lemon & Herb Chicken Wrap, served with a Coconut & Lime Rice & Salad (1, 11)

Roast Chicken, Roast Potatoes, Chef's choice of Vegetables, Stuffing & Gravy (1, 11)

The Classic Ham Pizza, with Doubly Delicious Mozzarella & Cheddar Cheese, Potato Wedges & Mixed Salad (1, 6, 11)

Big Tasty Beef Burger in a bun, with Chips & Baked Beans (1, 11, 12)

VEGGIE MEAL

Plant Powered Meatballs, in a Tomato & mixed herb sauce, Pasta and Garlic Bread (1, 11)

Mexican Enchiladas, stuffed with a vegetable salsa, Coconut & Lime Rice & Salad (1, 11)

Summer Vegetable Loaf, Roasted Potatoes, Chef's choice of Vegetables & Gravy (1, 11)

The Original Cheese & Tomato Pizza, Potato Wedges & Mixed Salad (1, 6, 11)

Veggie Burger in a bun with Chips & Baked Beans (1, 7, 11)

JACKET POTATOES

Choose from Tuna (5, 8), Baked Beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked Beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked Beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked Beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked Beans and/or Cheese (6)

BAGUETTE BAR

Choose from Ham (1), Cheese (1, 6), Tuna (1, 5, 8)

Choose from Ham (1), Cheese (1, 6), Tuna (1, 5, 8)

Choose from Ham (1), Cheese (1, 6), Tuna (1, 5, 8)

Choose from Ham (1), Cheese (1, 6), Tuna (1, 5, 8)

Choose from Ham (1), Cheese (1, 6), Tuna (1, 5, 8)

DESSERTS

Organic Fruity Ice lolly, Fruit Selection or Yoghurt (6)

Delightfully Sticky Ginger Cake and Custard (1, 6, 8), Fruit Selection or Yoghurt (6)

Old School Sponge (1, 8), Fruit Selection or Yoghurt (6)

Strawberry Mousse Cranachan (1, 6), Fruit Selection or Yoghurt (6)

Wonky Chocolate & Banana Muffin (1, 6, 8, 11), Fruit Selection or Yoghurt (6)

MAIN MEAL

Chicken in a Tomato Salsa, with Vegetable Rice & Tortilla Chips (11)

Ultimate Bangers 'n' Mash, with Garden Peas & Gravy (1, 12)

Roast Ham, Roast potatoes, Chef's choice of Vegetables & Parsley Sauce (1, 6, 11)

Sweet & Smokey BBQ Pizza, Potato Wedges & Mixed Salad (1, 6, 11)

Battered Cod & Chips, with Garden Peas (1, 5, 6, 11)

VEGGIE MEAL

Veggie Bolognese, with Savoury Rice & Tortilla Chips (11)

Hearty Hominy Pie packed with Potato, Onion & Cheese, with Garden Peas (1, 6, 11)

Mushroom & Mozzarella Puff, Roast Potatoes, Chef's choice of Vegetables & Gravy (1, 6, 11)

The Original Cheese & Tomato Pizza, Potato Wedges & Mixed Salad (1, 6, 11)

Veggie sausages & Chips, with Garden Peas (1, 11)

JACKET POTATOES

Choose from Tuna (5, 8), Baked Beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked Beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked Beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked Beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked Beans and/or Cheese (6)

BAGUETTE BAR

Choose from Ham (1), Cheese (1, 6), Tuna (1, 5, 8)

Choose from Ham (1), Cheese (1, 6), Tuna (1, 5, 8)

Choose from Ham (1), Cheese (1, 6), Tuna (1, 5, 8)

Choose from Ham (1), Cheese (1, 6), Tuna (1, 5, 8)

Choose from Ham (1), Cheese (1, 6), Tuna (1, 5, 8)

DESSERTS

Fruit Crunch Bar (1), Fruit Selection or Yoghurt (6)

iced Carrot Cake (1, 8, 11), Fruit Selection or Yoghurt (6)

Organic Fruity Ice lolly, Fruit Selection or Yoghurt (6)

Chocolate & Pear Brownie (1, 8), Fruit Selection or Yoghurt (6)

Lemon Cookie (1), Fruit Selection or Yoghurt (6)

APRIL

MAY

JUNE

JULY

ALLERGENS CODE:

- (1) Cereals containing Gluten – including wheat, rye, barley & oats
- (2) Celery (3) Crustaceans- such as prawns, crabs & lobsters
- (4) Lupin (5) Fish (6) Milk (7) Mustard (8) Eggs (9) Peanuts
- (10) Sesame Seeds (11) Soya Beans (12) Sulphur Dioxide
- (13) Tree Nuts (14) Molluscs



SPRING/SUMMER MENU 2023

GLUTEN FREE

MONDAY

TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



FRESHLY PREPARED SALAD, VEGETABLES AND FRUIT AVAILABLE DAILY

MAIN MEAL
Pasta Bar, Ham and Cheese Sauce, Penne Pasta, Chunky bread & Crispy Side Salad (6, 11)

Chicken Goujons, Seasoned Potato Bites and BBQ Baked Beans (11)

Sausage Roast, Roast potatoes, Chef's choice of Vegetables & Gravy (11)

The All-American Pepperoni Pizza, with Potato Wedges & Mixed Salad (6, 11)

Fish Fingers & Chips, with Garden Peas (5, 11)

VEGGIE MEAL
Pasta Bar, Tomato and Basil Sauce, Penne Pasta, Chunky Bread & Crispy side salad (11)

Epic Vegetable Lasagne, loaded with Delicious Vegetable pasta sauce (11)

Veggie Sausage Roast, with Roast Potatoes, Chef's choice of Vegetables & Gravy (11)

The Original Cheese & Tomato Pizza, Potato Wedges & Mixed Salad (6, 11)

Mixed Vegetable Sticks, Chips With Garden Peas (11)

Choose from Tuna (5, 8), Baked beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked beans and/or Cheese (6)

Choose from Ham (11), Cheese (6, 11), Tuna (5, 8, 11)

Choose from Ham (11), Cheese (6, 11), Tuna (5, 8, 11)

Choose from Ham (11), Cheese (6, 11), Tuna (5, 8, 11)

Choose from Ham (11), Cheese (6, 11), Tuna (5, 8, 11)

Choose from Ham (11), Cheese (6, 11), Tuna (5, 8, 11)

Traditional Shorthead, Fruit Selection or Yoghurt (6)

Lemon and Lime Drizzle Cake (8), Fruit Selection or Yoghurt (6)

Jolly Fruit Jelly, Fruit Selection or Yoghurt (6)

Ice Cream (6), Fruit Selection or Yoghurt (6)

Chocolate Orange Cookie, Fruit Selection or Yoghurt (6)

MAIN MEAL
Italian Style Meatballs, in a tomato and mixed herb Sauce, Pasta & Garlic Bread (11, 12)

Lemon & Herb Chicken Wrap, served with a Coconut & Lime Rice & Salad (1, 11)

Roast Chicken, Roast Potatoes, Chef's choice of Vegetables & Gravy (11)

The Classic Ham Pizza, with Doubly Delicious Mozzarella & Cheddar Cheese, Potato Wedges & Mixed Salad (6, 11)

Big Tasty Beef Burger in a bun, with Chips & Baked Beans (11, 12)

VEGGIE MEAL
Plant Powered Meatballs, in a tomato and mixed herb Sauce, Pasta & Garlic Bread (11)

Mexican Enchiladas, stuffed with a vegetable salsa, Coconut Lime Rice & Salad (11)

Summer Vegetable Loaf, roasted Potatoes, Chef's choice of Vegetables & Gravy (11)

The Original Cheese & Tomato Pizza, Potato Wedges & Mixed Salad (6, 11)

Veggie Burger in a bun, with Chips & Baked Beans (11)

Choose from Tuna (5, 8), Baked beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked beans and/or Cheese (6)

Choose from Ham (11), Cheese (6, 11), Tuna (5, 8, 11)

Choose from Ham (11), Cheese (6, 11), Tuna (5, 8, 11)

Choose from Ham (11), Cheese (6, 11), Tuna (5, 8, 11)

Choose from Ham (11), Cheese (6, 11), Tuna (5, 8, 11)

Choose from Ham (11), Cheese (6, 11), Tuna (5, 8, 11)

Organic Fruity Ice lolly, Fruit Selection or Yoghurt (6)

Delightfully Sticky Ginger Cake and Custard (6, 8), Fruit Selection or Yoghurt (6)

Old School Sponge (8), Fruit Selection or Yoghurt (6)

Strawberry Mousse Cranachan (6), Fruit Selection or Yoghurt (6)

Wonky Chocolate & Banana Muffin (6, 8, 11), Fruit Selection or Yoghurt (6)

Chicken in a Tomato Salsa, with Vegetable Rice & Tortilla Chips (11)

Ultimate Bangers 'n' Mash, with Garden Peas and Gravy

Roast Ham, Roast potatoes, Chef's choice of Vegetables & Parsley Sauce (6, 11)

Sweet & Smokey BBQ Pizza, Potato Wedges & Mixed Salad (6, 11)

Fish Fingers & Chips, with Garden Peas (5, 11)

VEGGIE MEAL
Veggie Bolognese, with Savoury Rice & Tortilla Chips (11)

Hearty Hominy Pie packed with Potato, Onion and Cheese, with Garden Peas (6)

Mushroom & Mozzarella Puff, Roast Potatoes, Chef's choice of Vegetables & Gravy (6, 11)

The Original Cheese & Tomato Pizza, Potato wedges & Mixed Salad (6, 11)

Veggie Sausages & Chips, with Garden Peas (11)

Choose from Tuna (5, 8), Baked beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked beans and/or Cheese (6)

Choose from Tuna (5, 8), Baked beans and/or Cheese (6)

Choose from Ham (11), Cheese (6, 11), Tuna (5, 8, 11)

Choose from Ham (11), Cheese (6, 11), Tuna (5, 8, 11)

Choose from Ham (11), Cheese (6, 11), Tuna (5, 8, 11)

Choose from Ham (11), Cheese (6, 11), Tuna (5, 8, 11)

Choose from Ham (11), Cheese (6, 11), Tuna (5, 8, 11)

Fruit Crunch Bar, Fruit Selection or Yoghurt (6)

Iced Carrot Cake (8, 11), Fruit Selection or Yoghurt (6)

Organic Fruity Ice lolly, Fruit Selection or Yoghurt (6)

Chocolate & Pear Brownie (8), Fruit Selection or Yoghurt (6)

Lemon Cookie, Fruit Selection or Yoghurt (6)

WEEK 3

WEEK 2

WEEK 1

APRIL

WEEK - 1 2

MAY

WEEK 3 1 2 3 1

JUNE

WEEK 1 2 3 1 2

JULY

WEEK 3 1 2 3 1

ALLERGENS CODE:

- (1) Cereals containing Gluten - including wheat, rye, barley & oats
- (2) Celery (3) Crustaceans- such as prawns, crabs & lobsters
- (4) Lupin (5) Fish (6) Milk (7) Mustard (8) Eggs (9) Peanuts
- (10) Sesame Seeds (11) Soya Beans (12) Sulphur Dioxide
- (13) Tree Nuts (14) Molluscs



CARE & PREPARE

SPRING/SUMMER MENU 2023

EGG FREE

*BAGUETTE BAR

FRESHLY PREPARED SALAD, VEGETABLES AND FRUIT AVAILABLE DAILY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Pasta Bar, Ham & Cheese Sauce, Penne Pasta, Chunky bread & Crispy Side Salad (1,6,11)

Chicken Goujons, Seasoned Potato Bites & BBQ Baked Beans (1,11)

Sausage Roast, Roast potatoes, Chef's choice of Vegetables & Gravy (1,11,12)

The All-American Pepperoni Pizza, with Potato Wedges & Mixed Salad (1,6,11)

Fish Fingers and Chips, with Garden Peas (1,5,11)

VEGGIE MEAL

Pasta Bar, Tomato & Basil Sauce, Penne Pasta, Chunky bread & Crispy side salad (1,11)

Epic Vegetable Lasagne, loaded with Delicious Vegetable pasta sauce (1,6,11)

Veggie Sausage Roast, Roast Potatoes, Chef's choice of Vegetables & Gravy (1,11)

The Original Cheese & Tomato Pizza, Potato Wedges & Mixed Salad (1,6,11)

Baked Mozzarella Cheese Sticks, Chips with Garden Peas (1,6,11)

JACKET POTATOES

Choose from Cheese and/or, Baked beans (6), Tuna (5)

Choose from Cheese and/or, Baked beans (6), Tuna (5)

Choose from Cheese and/or, Baked beans (6), Tuna (5)

Choose from Cheddar and/or, Baked beans (6), Tuna (5)

Choose from Cheese and/or, Baked beans (6), Tuna (5)

BAGUETTE BAR

Choose from Ham (1), Cheese (1,6), Tuna (1,5)

Choose from Ham (1), Cheese (1,6), Tuna (1,5)

Choose from Ham (1), Cheese (1,6), Tuna (1,5)

Choose from Ham (1), Cheese (1,6), Tuna (1,5)

Choose from Ham (1), Cheese (1,6), Tuna (1,5)

DESSERTS

Traditional Shortbread (1), Fruit Selection or Yoghurt (6)

Lemon & Lime Cookie (1), Fruit Selection or Yoghurt (6)

Jolly Fruit Jelly, Fruit Selection or Yoghurt (6)

Ice Cream (6), Fruit Selection or Yoghurt (6)

Chocolate Orange Cookie (1), Fruit Selection or Yoghurt (6)

MAIN MEAL

Italian Style Meatballs, in a Tomato & mixed herb sauce, Pasta & Garlic Bread (1,11,12)

Lemon and Herb Chicken Wrap served with a Coconut & Lime Rice & Salad (1,11)

Roast Chicken, Roast Potatoes, Chef's choice of Vegetables, Stuffing & Gravy (1,11)

The Classic Ham Pizza, with Delicious Mozzarella & Cheddar Cheese, Potato Wedges & Mixed Salad (1,6,11)

Big Tasty Beef Burger in a bun, with Chips & Baked Beans (1,11,12)

VEGGIE MEAL

Plant Powered Meatballs, in a Tomato & mixed herb sauce, Pasta & Garlic Bread (1,11)

Mexican Enchiladas, stuffed with a vegetable salsa, Coconut Lime Rice & Salad (1,11)

Summer Vegetable Loaf, Roasted Potatoes, Chef's choice of Vegetables & Gravy (11)

The Original Cheese & Tomato Pizza, Potato Wedges & Mixed Salad (1,6,11)

Veggie Burger in a bun, with Chips & Baked Beans (1,7,11)

JACKET POTATOES

Choose from Cheese and/or, Baked beans (6), Tuna (5)

Choose from Cheese and/or, Baked beans (6), Tuna (5)

Choose from Cheese and/or, Baked beans (6), Tuna (5)

Choose from Cheese and/or, Baked beans (6), Tuna (5)

Choose from Cheese and/or, Baked beans (6), Tuna (5)

BAGUETTE BAR

Choose from Ham (1) or Cheese (1,6) or Tuna (1,5)

Choose from Ham (1), Cheese (1,6), Tuna (1,5)

Choose from Ham (1), Cheese (1,6), Tuna (1,5)

Choose from Ham (1), Cheese (1,6), Tuna (1,5)

Choose from Ham (1), Cheese (1,6), Tuna (1,5)

DESSERTS

Organic Fruity Ice lolly, Fruit Selection or Yoghurt (6)

Big, Soft Ginger Cookie (1), Fruit Selection or Yoghurt (6)

Ice Cream (6), Fruit Selection or Yoghurt (6)

Strawberry Mousse Canadian (1,6), Fruit Selection or Yoghurt (6)

Fruity Flapjack (1), Fruit Selection or Yoghurt (6)

MAIN MEAL

Chicken in a Tomato Salsa, with Vegetable Rice & Tortilla Chips (11)

Ultimate Bangers 'n' Mash, with Garden Peas and Gravy (1,12)

Roast Ham, Roast potatoes, Chef's choice of Vegetables & Parsley Sauce (1,6,11)

Sweet & Smokey BBQ Pizza, Potato Wedges & Mixed Salad (1,6,11)

Battered Cod and Chips with Garden Peas (1,5,6,11)

VEGGIE MEAL

Veggie Bolognese, with Savoury Rice & Tortilla Chips (11)

Hearty Hominy Pie packed with Potato, Onion and Cheese, with Garden Peas (1,6,11)

Mushroom and Mozzarella Puff, Roast Potatoes, Chef's choice of Vegetables & Gravy (1,6,11)

The Original Cheese & Tomato Pizza, Potato Wedges & Mixed Salad (1,6,11)

Veggie Sausages, Chips & Garden Peas (1,11)

JACKET POTATOES

Choose from Cheese and/or, Baked beans (6), Tuna (5)

Choose from Cheese and/or, Baked beans (6), Tuna (5)

Choose from Cheese and/or, Baked beans (6), Tuna (5)

Choose from Cheese and/or, Baked beans (6), Tuna (5)

Choose from Cheese and/or, Baked beans (6), Tuna (5)

BAGUETTE BAR

Choose from Ham (1), Cheese (1,6), Tuna (1,5)

Choose from Ham (1), Cheese (1,6), Tuna (1,5)

Choose from Ham (1), Cheese (1,6), Tuna (1,5)

Choose from Ham (1), Cheese (1,6), Tuna (1,5)

Choose from Ham (1), Cheese (1,6), Tuna (1,5)

DESSERTS

Fruit Crunch Bar (1), Fruit Selection or Yoghurt (6)

Vanilla Shortbread (1), Fruit Selection or Yoghurt (6)

Organic Fruity Ice lolly, Fruit Selection or Yoghurt (6)

Chocolate & Pear Flapjack (1), Fruit Selection or Yoghurt (6)

Lemon Cookie (1), Fruit Selection or Yoghurt (6)

APRIL

WEEK - 1 2

MAY

WEEK 3 1 2 3 1

JUNE

WEEK 1 2 3 1 2

JULY

WEEK 3 1 2 3 1

ALLERGENS CODE:

- (1) Cereals containing Gluten - including wheat, rye, barley & oats
- (2) Celery (3) Crustaceans- such as prawns, crabs & lobsters
- (4) Lupin (5) Fish (6) Milk (7) Mustard (8) Eggs (9) Peanuts
- (10) Sesame Seeds (11) Soya Beans (12) Sulphur Dioxide
- (13) Tree Nuts (14) Molluscs



SPRING/SUMMER MENU 2023

DAIRY FREE



FRESHLY PREPARED SALAD, VEGETABLES AND FRUIT AVAILABLE DAILY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Pasta Bar, Ham & Cheese Sauce, Penne Pasta, Chunky bread & Crispy Side Salad (1,11)

Chicken Goujons, Seasoned Potato Bites & BBQ Baked Beans (1,11)

Sausage Roast, Roast potatoes, Chef's choice of Vegetables & Gravy (1,11,12)

The All-American Pepperoni Pizza, with Potato Wedges & Mixed Salad (1,11)

Fish Fingers & Chips, with Garden Peas (1,5,11)

VEGGIE MEAL

Pasta Bar, Tomato & Basil Sauce, Penne Pasta, Chunky Bread & Crispy Side Salad (1,11)

Epic Vegetable Lasagne, loaded with Delicious Vegetable pasta sauce & vegan cheese (1,11)

Veggie Sausage Roast, Roast Potatoes, Chef's choice of Vegetables & Gravy (1,11)

The Original Cheese & Tomato Pizza, Potato Wedges & Mixed Salad (1,11)

Vegan Cheese Sticks & Chips, with Garden Peas (1,11)

JACKET POTATOES

Choose from Tuna (5,8), Baked beans and/or Vegan Cheese

Choose from Tuna (5,8), Baked beans and/or Vegan Cheese

Choose from Tuna (5,8), Baked beans and/or Vegan Cheese

Choose from Tuna (5,8), Baked beans and/or Vegan Cheese

Choose from Tuna (5,8), Baked beans and/or Vegan Cheese

BAGUETTE BAR

Choose from Ham (1), Vegan cheese (1), Tuna (1,5,8)

Choose from Ham (1), Vegan cheese (1), Tuna (1,5,8)

Choose from Ham (1), Vegan cheese (1), Tuna (1,5,8)

Choose from Ham (1), Vegan cheese (1), Tuna (1,5,8)

Choose from Ham (1), Vegan cheese (1), Tuna (1,5,8)

DESSERTS

Traditional Shortbread (1), Fruit Selection or Soya Yoghurt (11)

Lemon & Lime Drizzle Cake (1,8), Fruit Selection or Yoghurt (11)

Jolly Fruit Jelly, Fruit Selection or Yoghurt (11)

Fruit Sorbet, Fruit Selection or Soya Yoghurt (11)

Chocolate Orange Cookie (1), Fruit Selection or Soya Yoghurt (11)

MAIN MEAL

Italian Style Meatballs, in a Tomato and mixed herb Sauce, Pasta & Garlic Bread (1,11,12)

Lemon & Herb Chicken Wrap, with Coconut & Lime Rice & Salad (1,11)

Roast Chicken, Roast Potatoes, Chef's choice of Vegetables, Stuffing & Gravy (1,11)

The Classic Ham Pizza, with Delicious Mozzarella & Cheddar Cheese, Potato Wedges & Mixed Salad (1,11)

Big Tasty Beef Burger in a bun, with Chips & Baked Beans (1,11,12)

VEGGIE MEAL

Plant Powered Meatballs, in a Tomato and mixed herb Sauce, Pasta & Garlic Bread (1,11)

Mexican Enchiladas, stuffed with a vegetable salsa, with Coconut Lime Rice and Salad (1,11)

Summer Vegetable Loaf, Roasted Potatoes, Chef's choice of Vegetables & Gravy (11)

The Original Cheese & Tomato Pizza, Potato Wedges & Mixed Salad (1,11)

Veggie Burger in a bun, with Chips & Baked Beans (1,11)

JACKET POTATOES

Choose from Tuna (5,8), Baked beans and/or Vegan Cheese

Choose from Tuna (5,8), Baked beans and/or Vegan Cheese

Choose from Tuna (5,8), Baked beans and/or Vegan Cheese

Choose from Tuna (5,8), Baked beans and/or Vegan Cheese

Choose from Tuna (5,8), Baked beans and/or Vegan Cheese

BAGUETTE BAR

Choose from Ham (1), Vegan cheese (1), Tuna (1,5,8)

Choose from Ham (1), Vegan cheese (1), Tuna (1,5,8)

Choose from Ham (1), Vegan cheese (1), Tuna (1,5,8)

Choose from Ham (1), Vegan cheese (1), Tuna (1,5,8)

Choose from Ham (1), Vegan cheese (1), Tuna (8,1,5)

DESSERTS

Organic Fruity Ice lolly, Fruit Selection or Yoghurt (11)

Delightfully Sticky Ginger Cake (1,8), Fruit Selection or Soya Yoghurt (11)

Old School Sponge (1,8), Fruit Selection or Soya Yoghurt (11)

Jolly Fruit Jelly, Fruit Selection or Soya Yoghurt (11)

Worlky Chocolate & Banana Muffin (1,8,11), Fruit Selection or Soya Yoghurt (11)

MAIN MEAL

Chicken in a Tomato Sauce, with Vegetable Rice & Tortilla Chips (11)

Ultimate Bangers 'n' Mash, with Garden Peas and Gravy (1,12)

Roast Ham, Roast potatoes, Chef's choice of Vegetables & Parsley Sauce (1,11)

Sweet & Smokey BBQ Pizza, Potato Wedges & Mixed Salad (1,11)

Fish Fingers & Chips, with Garden Peas (1,5,11)

VEGGIE MEAL

Veggie Bolognese, with Savoury Rice & Tortilla Chips (11)

Hearty Hominy Pie packed with Potato, Onion and Vegan Cheese, with Garden Peas (1)

Mushroom & Vegan Cheese Puff, Roast Potatoes, Chef's choice of Vegetables & Gravy (1,11)

The Original Cheese & Tomato Pizza, Potato Wedges & Mixed Salad (1,11)

Veggie sausages & Chips, with Garden Peas (1,11)

JACKET POTATOES

Choose from Tuna (5,8), Baked beans and/or Vegan Cheese

Choose from Tuna (5,8), Baked beans and/or Vegan Cheese

Choose from Tuna (5,8), Baked beans and/or Vegan Cheese

Choose from Tuna (5,8), Baked beans and/or Vegan Cheese

Choose from Tuna (5,8), Baked beans and/or Vegan Cheese

BAGUETTE BAR

Choose from Ham (1), Vegan cheese (1), Tuna (1,5,8)

Choose from Ham (1), Vegan cheese (1), Tuna (1,5,8)

Choose from Ham (1), Vegan cheese (1), Tuna (1,5,8)

Choose from Ham (1), Vegan cheese (1), Tuna (1,5,8)

Choose from Ham (1), Vegan cheese (1), Tuna (8,1,5)

DESSERTS

Fruit Crunch Bar (1), Fruit Selection or Soya Yoghurt (11)

Iced Carrot Cake (1,8,11), Fruit Selection or Soya Yoghurt (11)

Organic Fruity Ice lolly, Fruit Selection or Soya Yoghurt (11)

Chocolate & Pear Brownie (1,8), Fruit Selection or Soya Yoghurt (11)

Lemon Cookie (1), Fruit Selection or Soya Yoghurt (11)



CAFE & PREPARE

MAY

JUNE

JULY

WEEK - 1 2

WEEK 3 1 2 3 1

WEEK 1 2 3 1 2

WEEK 3 1 2 3 1

ALLERGENS CODE:

- (1) Cereals containing Gluten - including wheat, rye, barley & oats
- (2) Celery (3) Crustaceans - such as prawns, crabs & lobsters
- (4) Lupin (5) Fish (6) Milk (7) Mustard (8) Eggs (9) Peanuts
- (10) Sesame Seeds (11) Soya Beans (12) Sulphur Dioxide
- (13) Tree Nuts (14) Molluscs

WINTER MENU 2023

BAQUETTE BAR



FRESHLY PREPARED SALAD, VEGETABLES AND FRUIT AVAILABLE DAILY



MONDAY



Tuna Pasta Bake, topped with grated Cheddar, served with crusty bread (1,5,6)



Mexican Enchiladas, stuffed with a vegetable salsa, served with rice (1,6,11)



Choose from Tuna (5,6), Baked Beans and/or Cheddar Cheese (6)



Choose from Ham (1) or Cheddar Cheese (1,6) or Tuna (1,5,6)



Chocolate and Vanilla Marble Shortbread (1) Sliced fruit or Yoghurt (6)

TUESDAY

Cracking Chicken and Potato Curry, served with rice (11)

Epic Vegetable Lasagne, loaded with delicious vegetable pasta sauce (1,6,11)

Choose from Tuna (5,6), Baked Beans and/or Cheddar Cheese (6)

Choose from Ham (1) or Cheddar Cheese (1,6) or Tuna (1,5,6)

Ultimate Orange Drizzle Cake (1,8), Sliced Fruit or Yoghurt (6)

WEDNESDAY

Roast Turkey, roast potatoes, Chef's choice of vegetables & gravy (11)

Mediterranean Vegetable Cake, roast potatoes, Chef's choice of vegetables & gravy (11)

Choose from Tuna (5,6), Baked Beans and/or Cheddar Cheese (6)

Choose from Ham (1) or Cheddar Cheese (1,6) or Tuna (1,5,6)

Jolly Jelly, Sliced Fruit or Yoghurt (6)

THURSDAY

The Classic Ham Pizza, with doubly delicious Mozzarella and Cheddar cheese, potato wedges & sweetcorn (1,6,11)

The Original Cheese and Tomato Pizza, potato wedges & sweetcorn (1,6,11)

Choose from Tuna (5,6), Baked Beans and/or Cheddar Cheese (6)

Choose from Ham (1) or Cheddar Cheese (1,6) or Tuna (1,5,6)

Ice Cream (6), Sliced Fruit or Yoghurt (6)

FRIDAY

Fish Fingers and Chips with peas (1,5,11)

Baked Mozzarella Cheese Sticks with chips and peas (1,6,11)

Choose from Tuna (5,6), Baked Beans and/or Cheddar Cheese (6)

Choose from Ham (1) or Cheddar Cheese (1,6) or Tuna Yoghurt (1,5,6)

Chocolate Cookie (1), Sliced Fruit or Yoghurt (6)

WEEK 1



Italian Style Meatballs, with a herby tomato sauce, pasta and garlic bread (1,11,12)



Deliciously healthy Vegetarian Cottage Pie (11)



Choose from Tuna (5,6), Baked Beans and/or Cheddar Cheese (6)



Choose from Ham (1) or Cheddar Cheese (1,6) or Tuna (1,5,6)



Sunny Citrus Cake (1,8), Sliced Fruit or Yoghurt (6)

WEEK 2



Sweet n' Sour Chicken, served with rice (1,11)



Fusion Wrap, mixed vegetables wrapped in a tortilla, with roasted tomato sauce, served with rice (1,11)



Choose from Tuna (5,6), Baked Beans and/or Cheddar Cheese (6)



Choose from Ham (1) or Cheddar Cheese (1,6) or Tuna (1,5,6)



Fruit Crunch Bar (1), Sliced Fruit or Yoghurt (6)

WEEK 3



Chicken Pasta Bake and garlic bread (1,6)



Cheesy Tomato Pasta Bake and garlic bread (1,6,11)



Choose from Tuna (5,6), Baked Beans and/or Cheddar Cheese (6)



Choose from Ham (1) or Cheddar Cheese (1,6) or Tuna (1,5,6)



Fruity Flapjack (1), Sliced Fruit or Yoghurt (6)

MONDAY

Tuna Pasta Bake, topped with grated Cheddar, served with crusty bread (1,5,6)

Mexican Enchiladas, stuffed with a vegetable salsa, served with rice (1,6,11)

Choose from Tuna (5,6), Baked Beans and/or Cheddar Cheese (6)

Choose from Ham (1) or Cheddar Cheese (1,6) or Tuna (1,5,6)

Chocolate and Vanilla Marble Shortbread (1) Sliced fruit or Yoghurt (6)

TUESDAY

Cracking Chicken and Potato Curry, served with rice (11)

Epic Vegetable Lasagne, loaded with delicious vegetable pasta sauce (1,6,11)

Choose from Tuna (5,6), Baked Beans and/or Cheddar Cheese (6)

Choose from Ham (1) or Cheddar Cheese (1,6) or Tuna (1,5,6)

Ultimate Orange Drizzle Cake (1,8), Sliced Fruit or Yoghurt (6)

WEDNESDAY

Roast Turkey, roast potatoes, Chef's choice of vegetables & gravy (11)

Mediterranean Vegetable Cake, roast potatoes, Chef's choice of vegetables & gravy (11)

Choose from Tuna (5,6), Baked Beans and/or Cheddar Cheese (6)

Choose from Ham (1) or Cheddar Cheese (1,6) or Tuna (1,5,6)

Jolly Jelly, Sliced Fruit or Yoghurt (6)

THURSDAY

The Classic Ham Pizza, with doubly delicious Mozzarella and Cheddar cheese, potato wedges & sweetcorn (1,6,11)

The Original Cheese and Tomato Pizza, potato wedges & sweetcorn (1,6,11)

Choose from Tuna (5,6), Baked Beans and/or Cheddar Cheese (6)

Choose from Ham (1) or Cheddar Cheese (1,6) or Tuna (1,5,6)

Ice Cream (6), Sliced Fruit or Yoghurt (6)

FRIDAY

Fish Fingers and Chips with peas (1,5,11)

Baked Mozzarella Cheese Sticks with chips and peas (1,6,11)

Choose from Tuna (5,6), Baked Beans and/or Cheddar Cheese (6)

Choose from Ham (1) or Cheddar Cheese (1,6) or Tuna Yoghurt (1,5,6)

Chocolate Cookie (1), Sliced Fruit or Yoghurt (6)

Big Tasty Beef Burger, in a bun, with chips and baked beans (1,11,12)

Veggie Burger, in a bun with chips and baked beans (1,11)

Choose from Tuna (5,6), Baked Beans and/or Cheddar Cheese (6)

Choose from Ham (1) or Cheddar Cheese (1,6) or Tuna (1,5,6)

Chocolate Cracknel (1), Sliced Fruit or Yoghurt (6)

Fish Fingers, chips and peas (1,5,11)

Cheese and Tomato Turnover and Chips, with peas (1,6,11)

Choose from Tuna (5,6), Baked Beans and/or Cheddar Cheese (6)

Choose from Ham (1) or Cheddar Cheese (1,6) or Tuna (1,5,6)

Chocolate Brownie (1,8), Sliced Fruit or Yoghurt (6)

JANUARY

WEEK 1 2 3 1 2

MON 2 9 16 23 30
TUE 3 10 17 24 31
WED 4 11 18 25
THU 5 12 19 26
FRI 6 13 20 27

FEBRUARY

WEEK 2 3 1 2

MON 6 13 20 27
TUE 7 14 21 28
WED 1 8 15 22
THU 2 9 16 23
FRI 3 10 17 24

MARCH

WEEK 2 3 1 2 3

MON 6 13 20 27
TUE 7 14 21 28
WED 1 8 15 22 29
THU 2 9 16 23 30
FRI 3 10 17 24 31

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