

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Beef Meatballs in Tomato Sauce Red Tractor beef meatballs made with our own blend of herbs and seasonings and cooked in a homemade tomato sauce</p>	<p>Roast Gammon with Gravy Red Tractor roast ham with gravy</p>	<p>Beef Curry Organic beef cooked with seasonal vegetables in a mild curry sauce</p>	<p>Roast Chicken with Gravy Tender slices of roast chicken served with gravy</p>	<p>Fish Fingers with Ketchup  Sustainably sourced fish fingers served with homemade tomato ketchup</p>
<p>Cheese and Potato Pie Creamy mashed potatoes and sautéed onions baked with cheese</p>	<p>Vegetable Curry Rice Chick peas and <i>seasonal</i> vegetables cooked with mild curry spices and layered with rice</p>	<p>Spring Vegetable Lasagne Lentils and <i>seasonal</i> vegetables cooked in a homemade tomato sauce and layered between lasagne sheets and topped with cheese and served with crusty bread</p>	<p>Stuffed Peppers Mixed peppers stuffed with <i>seasonal</i> vegetables and topped with savoury bread crumbs and baked until golden</p>	<p>Veggie Wrap Mixed beans, peppers and tomatoes wrapped inside a flour tortilla</p>
Pasta	New Potatoes	Rice	Roast Potatoes	Chips
Broccoli and Sweet Corn	Mixed Vegetables	Green Beans and Sweet Corn	Carrots and Spring Cabbage	Baked Beans and Peas
Fruit Flapjack	Fruit Jelly with Ice Cream	Peach Pancake	Oatmeal and Raisin Cookie	Chocolate Cake

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Tomato Pasta Bake Lentils and <i>seasonal</i> vegetables cooked in a homemade tomato sauce and baked with pasta twists and cheddar cheese</p>	<p>Roast Chicken with Gravy Tender slices of <i>Red Tractor</i> roast chicken served with gravy</p>	<p>Beef Lasagne Organic minced beef and <i>seasonal</i> vegetables cooked in homemade tomato sauce, layered with lasagne sheets and topped with a creamy white sauce</p>	<p>Roast Beef with Gravy and Yorkshire Pudding Tender slices of Red Tractor roast beef served with gravy and Yorkshire pudding</p>	<p>Cheese and Tomato Pizza Wholemeal pizza bases topped with homemade tomato sauce and cheese</p>
<p>Chick Pea Curry Chick peas and <i>seasonal</i> vegetables cooked in a mild coconut curry sauce and served with rice</p>	<p>Potato and Leek Gratin Potatoes and Leeks layered in a casserole and covered in a homemade cream sauce</p>	<p>Shepherdess Pie with Sweet Potato Mash Lentils and <i>seasonal</i> vegetables cooked in a rich gravy and topped with a creamy sweet potato mash</p>	<p>Veggie Noodle Stir Fry Quorn pieces and <i>seasonal</i> vegetables stir fried in a homemade oriental sauce and tossed with noodles</p>	<p>Salmon and Broccoli Quiche  Sustainable salmon and broccoli baked with organic eggs in a homemade pastry crust</p>
	Rice	Crusty Bread	New Potatoes	Chips
Green Beans and Carrots	Sweet Corn and Peas	Broccoli and Cauliflower	Carrots and Cabbage	Peas and Baked Beans
Carrot Cake	Strawberry Mousse	Pineapple Cake with Ice Cream	Fresh Fruit Salad with Yoghurt	Fruit Shortbread

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chicken and Bacon Pasta <i>Red Tractor</i> diced chicken and bacon cooked in a creamy white sauce and baked with pasta</p>	<p>Roast Pork with Gravy Tender slices of <i>Red Tractor</i> roast pork served with gravy</p>	<p>Pork Sausages <i>Red Tractor</i> pork sausages made with our own blend of herbs and spices and served with onion gravy</p>	<p>Roast Chicken with Gravy Tender slices of <i>Red Tractor</i> roast chicken served with gravy</p>	<p>Breaded Fish  Sustainably sourced breaded whitefish, oven baked and served with homemade tomato ketchup</p>
<p>Veggie Paella Quorn pieces and <i>seasonal</i> vegetables cooked with paprika seasoned rice</p>	<p>Spring Frittata Spring vegetables baked with <i>organic</i> eggs</p>	<p>Veggie Sausage Rolls Quorn sausages wrapped in a flaky puff pastry and served with onion gravy</p>	<p>Broccoli and Cauliflower Cheese Broccoli and Cauliflower baked in a homemade cheddar cheese sauce</p>	<p>Veggie Carbonara White beans and leeks cooked in a creamy white sauce and served with pasta</p>
Pasta	Roast Potatoes	Mashed Potatoes	New Potatoes	Chips
Broccoli and Sweet Corn	Carrots and Cauliflower	Sweet Corn and Coleslaw	Leeks and Carrots	Peas and Baked Beans
Coconut and Pineapple Flapjack	Strawberry Cake	Apple and Banana Crisp with Custard	Melon Platter	Sticky Slice with Ice Cream



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

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.



Week Four

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza 50% wholemeal pizza bases topped with homemade tomato sauce and cheese	Roast Turkey with Gravy Sliced <i>Red Tractor</i> roast turkey served with gravy	Beef Burger <i>Red Tractor</i> beef burgers made with our own blend of herbs and spices served with a floured bap and ketchup	Roast Gammon with Gravy Sliced <i>Red Tractor</i> roast gammon served with gravy	Fish Crumble  Sustainably sourced salmon and white fish cooked in a homemade sauce and topped with a savoury crumble topping
Macaroni Pasta Bar Pasta tubes served with a homemade cheddar cheese sauce or a tomato and basil sauce	Roasted Vegetable and Chick Peas Cous Cous Chick peas and <i>seasonal</i> vegetables roasted with tomatoes and served with cous cous	Veggie Nuggets Mixed vegetables breaded and served with ketchup	Veggie Cowboy Casserole Quorn sausages cooked with baked beans	Cheese and Bean Melt Baked beans and cheddar cheese baked in a flaky puffed pastry
Half Jacket Potato	New Potatoes	Wedges	Mashed Potatoes	Chips
Chunky Mixed Vegetables	Broccoli and Carrots	Sweet Corn and Baked Beans	Carrots and Parsnips	Peas
Lemon Drizzle Cake	Chocolate Orange Cake	Fruit Crumble with Custard	Banoffee Mousse	Key Lime Cookie