

The Guide to Goodness



Many of our homemade desserts contain at least 50% fruit!



The fish we serve is from well-managed and sustainable fisheries.



Over 75% of our dishes are made fresh on site today from fresh ingredients.



We use wholegrain flour and serve wholemeal bread.



Where possible we use ingredients sourced from local producers.

Week 1

WEEK COMMENCING: 16TH APR/7TH MAY/28TH MAY/18TH JUNE/9TH JULY/3RD SEP/24TH SEP/15TH OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Curry with Rice Margherita Pizza Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw Cheese, Ham or Tuna Sandwich	Beef Lasagne Italian Tomato & Basil Pasta Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw Cheese, Ham or Tuna Sandwich	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy Vegetarian Toad in the Hole with Roast Potatoes & Gravy Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw Cheese, Ham or Tuna Sandwich	Hot Dog Rainbow Frittata with Crushed Potatoes Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw Cheese, Ham or Tuna Sandwich	Fish Fingers & Chips Vegetarian Burger with Chips Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw Cheese, Ham or Tuna Sandwich
Carrots Green Beans Fruity Flapjack	Broccoli Sweetcorn Peach Fool with Shortbread	Mixed Vegetables Lemon Drizzle Cake	Peas Sweetcorn Apple Sponge with Custard	Baked Beans Mushy Peas Chocolate Muffin

Week 2

WEEK COMMENCING: 23RD APR/14TH MAY/4TH JUNE/25TH JUNE/16TH JULY/10TH SEP/1ST OCT/22ND OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Burger with Jacket Wedges Vegetarian Meatballs in Tomato Sauce with Pasta Jacket Potato with Salmon Mayo Beans, ✓ Cheese, ✓ or Coleslaw Cheese, Ham or Tuna Sandwich	Garlic & Lemon Chicken with Savoury Rice Margherita Pizza Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw Cheese, Ham or Tuna Sandwich	Roast Gammon with Roast Potatoes & Gravy Macaroni Cheese Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw Cheese, Ham or Tuna Sandwich	Savoury Mince with Roast Potatoes & Yorkshire Pudding Vegetarian Pasta Bolognese Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw Cheese, Ham or Tuna Sandwich	Battered Fish & Chips Vegetable Sausages with Chips Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw Cheese, Ham or Tuna Sandwich
Green Beans Sweetcorn Peach Upside Down Sponge with Custard or Ice Cream	Peas Sweetcorn Jelly with Mandarins	Mixed Vegetables Oat & Raisin Biscuit	Broccoli Carrots Pear & Berry Ripple Cake with Custard or Ice Cream	Baked Beans Peas Lemon Muffin

Week 3

WEEK COMMENCING: 30TH APR/21ST MAY/11TH JUNE/2ND JULY/23RD JULY/17TH SEP/8TH OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Sausage with Mash & Gravy Cheese & Vegetable Puff with Crushed Potatoes Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw Cheese, Ham or Tuna Sandwich Mixed Vegetables	Beef Spaghetti Bolognese Vegetarian Shepherd's Pie Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw Cheese, Ham or Tuna Sandwich	Roast Pork with Roast Potatoes & Gravy Roasted Soya Strips with Roast Potatoes & Gravy Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw Cheese, Ham or Tuna Sandwich	Chicken & Sweetcorn Pizza Neapolitan Pasta Bake Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw Cheese, Ham or Tuna Sandwich	Fish Fingers & Chips Quorn & Vegetable Fajita Jacket Potato with Tuna Mayo Beans, ✓ Cheese, ✓ or Coleslaw Cheese, Ham or Tuna Sandwich
Carrots Cauliflower Apple & Berry Crumble with Ice Cream	Broccoli Cabbage Iced Sponge	Peas Sweetcorn Berry Muffin	Baked Beans Peas Crispy Cake	

