




Spring 2014 Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Beef Burger in a Bun with Oven Baked Wedges and Tomato Relish	Turkey Stir Fry with Rice	Roast Pork Loin & Apple Sauce with Roast Potatoes and Gravy	Beef Lasagne with Garlic Slice	Fish Fingers With Chips & Tomato Sauce
Vegetarian Option	Vegetable and Mixed Bean Goulash	Macaroni Cheese with Garlic Bread	Creamy Vegetable Country Pie with Roast Potatoes and Gravy	Cheese and Leek Quiche with New Potatoes	Spanish Omelette with Chips & Tomato Sauce
Vegetables	Carrots & Peas	Sweet corn & Fresh Broccoli	Fresh Cabbage & Fresh Carrots	Sweetcorn & Grated Carrot with Sultanas	Baked Beans Peas
Daily selection of salads to include - lettuce, tomato, cucumber, beetroot, sweetcorn, coleslaw and grated carrot					
Freshly Cooked each day –Jacket Potatoes with Grated Cheddar, Tuna Mayonnaise or Baked Beans					
Freshly made bread baked daily					
Dessert	Apple and Toffee Crumble with Custard Yoghurt Fresh Fruit Salad	Chocolate & Beetroot Brownie Yoghurt Fresh Fruit Salad	Jelly with Fruit Yoghurt Fresh Fruit Salad	Lemon Drizzle Cake with Custard Yoghurt Fresh Fruit Salad	Fruit Flapjack Yoghurt Fresh Fruit Salad


Marine Stewardship Council 

Web Site. www.msc.org Chain of Custody Registration Code MML-C-1009

Local / in season 

Oily Fish 


Spring 2014 Week 2


	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Pork & Beef Meatballs in an Tomato Sauce with Rice	Ham and Pineapple Pizza with Oven Baked Diced Potatoes	Roast Turkey with Roast Potatoes & Gravy	Beef Spaghetti Bolognaise	Salmon Fish Fingers or Battered Fish with Chips and Tomato Sauce
Vegetarian Option	Vegetable Pasta Bake	Cheese and Tomato Pizza with Oven Baked Diced Potatoes	Shepherdess Pie (vegetarian mince) with Roast Potatoes and Gravy	Cheese and Tomato Pastry Pinwheels	Glamorgan Cheese and Onion Pattie with Chips
Vegetables	Peas & Carrots	Sweetcorn & Mixed Salad	Fresh Cauliflower and Fresh Carrots	Fresh Broccoli & Mixed Vegetables	Baked Beans & Peas
 Daily selection of salads to include - lettuce, tomato, cucumber, beetroot, sweetcorn, coleslaw and grated carrot Freshly Cooked each day – Jacket Potatoes with Grated Cheddar, Tuna Mayonnaise or Baked Beans Freshly made bread baked daily					
Dessert	Apple Sponge with Custard Yoghurt Fresh Fruit Salad	Seasonal Fruit Crumble with Custard Yoghurt Fresh Fruit Salad	Cheese and Biscuits Yoghurt Fresh Fruit Salad	Fairtrade Banana Sponge with Custard Yoghurt Fresh Fruit Salad	Chocolate Oaty Cookie Yoghurt Fresh Fruit Salad

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Oily Fish 

Spring 2014 Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Pork Sausage with Mashed Potatoes and Gravy	Chicken Pasta Bake with Herby Bread	Roast Chicken with Roast Potatoes and Gravy	Mild Chilli Beef and Baked Bean Carne with Rice	Fish Fingers with Chips and Tomato Sauce
Vegetarian Option	Cauliflower Cheese with Breadcrumb topping	Lentil and Spinach Curry with Rice	Veggie Sausage with Roast Potatoes and Gravy	French Bread Pizza with Half Jacket Potato & salad	Vegetable Pasty with Chips and Tomato Sauce
Vegetables	Carrots & Green Beans	Sweetcorn & Mixed Salad	Fresh Cabbage & Fresh Carrots	Mexicorn and Fresh Broccoli	Baked Beans & Peas
Daily selection of salads to include - lettuce, tomato, cucumber, beetroot, sweetcorn, coleslaw and grated carrot					
 Freshly Cooked each day –Jacket Potatoes with Grated Cheddar, Tuna Mayonnaise or Baked Beans Freshly made bread baked daily					
Dessert	Pineapple Upside Down Pudding with Custard Yoghurt Fresh Fruit Salad	Ice Cream and Fresh Fruit Yoghurt Fresh Fruit Salad	Carrot and Sultana Cake Yoghurt Fresh Fruit Salad	Marble Sponge with custard Yoghurt Fresh Fruit Salad	Chocolate Krispie Yoghurt Fresh Fruit Salad

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Oily Fish 