

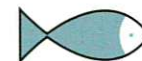
Spring/Summer 2019 Main Menu

Available daily: Jacket potatoes with assorted fillings, fresh salads and baked bread.

Week	Day	Mains		Sides	Puddings
		Meat	Vegetarian		
1 WEEK COMMENCING 25th Feb 18th Mar 22nd April 13th May 3rd June 24th June 15th July	Monday	Margherita pizza (1, 3, 6, 11)	Mixed bean enchilada (9)	Baked potato wedges, broccoli, coleslaw (14)	Chocolate mousse (9), fresh fruit
	Tuesday	Chicken meatballs in tomato sauce (9)	Soya mince bolognese (2, 5)	Spaghetti (9), green beans, crunchy vegetable salad	Fruit crumble (9) & custard (9), Fresh fruit
	Wednesday	Roast pork & gravy	Eroccoli & roasted pepper souffle potato (1, 11)	Skin on roast potatoes, cabbage, carrots	Fresh fruit salad, orange shortbread (9), fresh fruit
	Thursday	Pineapple & sweet chilli chicken	Mac n cheese (1, 3, 14)	Rice, sweetcorn, garden salad	Lemon drizzle cake (3, 11), fresh fruit
	Friday	Cod fish fingers (2, 3) Salmon fishcakes (2, 3)	BBQ bean patty (9) & summer slaw (11)	Chips, baked beans, peas	Vanilla ice cream (9), Fresh fruit
2 WEEK COMMENCING : 4th Mar 25th Mar 29th April 20th May 10th June 1st July 22nd July	Monday	Cheese & tomato twist (1, 3)	Moroccan stuffed pepper (9)	Garlic & herb bread (1, 3, 5, 11), green beans, rainbow slaw (11)	Courgette & lime cake (3, 11), fresh fruit
	Tuesday	Chicken pasta bake (1, 3)	Cauliflower curry with spiced tortilla shards (9) & rice	Sweetcorn, vegetable crudites	Crispie Cake (9), fresh fruit
	Wednesday	Roast gammon & gravy	Quorn sausage roll (1, 3, 11)	Roast potatoes, braised red cabbage, carrots	Fruit sponge (3, 11) & custard (9), fresh fruit
	Thursday	Italian beef ragu	Baked bean quesadilla (1, 3)	Rice, broccoli, garden salad	Fresh fruit salad, fresh fruit
	Friday	Battered cod (1, 2, 3)	Twice baked potatoes (9)	Chips, baked beans, peas	Chocolate cookie (9), fresh fruit
3 WEEK COMMENCING : 11th Mar 18th Mar 22nd April 13th May 3rd June 24th June 15th July	Monday	Pasta bar Wholemeal pasta (9) & tuscan bean sauce	Pasta Bar Wholemeal pasta (9) & cheese sauce (9)	Green beans, garden salad	Dutch apple cake (3, 11), fresh fruit
	Tuesday	Sausage (3, 12) baguette (9) with onions	Courgette, pea & mint frittata (1, 11)	Baked potato wedges, coleslaw (14), BBQ beans	Sultana & cinnamon swirl (1, 3), fresh fruit
	Wednesday	Roast beef & gravy	Cauliflower cheese (1, 14)	Roast potatoes, cabbage, carrots	Fruit salad, fresh fruit
	Thursday	Neapolitan chicken	Sweet potato & lentil dahl	Rice, broccoli & carrot, sultana & apple salad (14)	Chocolate sponge (3, 11) & chocolate sauce (9) Fresh fruit
	Friday	Fish fingers (2, 3)	Quorn sausage (1, 3, 11) baguette (9)	Chips, baked beans, peas	Strawberry mousse (9), fresh fruit



Food for life
We are proud holders of Soil Association bronze Food for Life standard



MSC
All our fish is sustainable sourced and accredited by the Marine Stewardship Council



ISO 9001
Principals is accredited to the ISO 9001/2015 quality management system



We work with butchers that source meat from farmers certified by Red Tractor and RSPCA Freedom Foods

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard

Menu is subject to change should ingredients be unavailable