



SEASONAL
VEGETABLES

with
MAIN COURSE
OPTIONS

WEEK ONE
menu

WEEKS COMMENCING:
18TH APR, 9TH MAY, 6TH JUN, 27TH JUN, 18TH
JUL, 12TH SEP, 3RD OCT



Monday

Chicken Burger in a Bun
with Baked Wedges and
Seasonal Vegetable
(G) (W) (SE)

Vegetable Burger in a Bun
with Baked Wedges and
Seasonal Vegetable
(G) (W) (SU) (SE)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Vanilla & Chocolate Crunch
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (MK)

Tuesday

Beef Lasagne served with
Garlic Bread and Seasonal
Vegetables
(G) (W) (MK) (SO)

Jacket Potato with
Cheese & Beans or
Vegetable Tikka
(MK) (MU)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Fudge Tart
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (MK)

Wednesday

Chicken Quesadilla served
with Herby Baby Potatoes
and Fresh Salad
(G) (W) (MK)

Mexican Bean Quesadilla
served with Herby Baby
Potatoes and Fresh Salad
(G) (W) (MK)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Carrot Cake
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Thursday

Roast Turkey with Potatoes,
Vegetables,
Yorkshire Pudding
(G) (W) (E) (MK)

Quorn Fillet Roast with
Roast Potatoes &
Vegetables
(G) (W) (E)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Pineapple Upside
Down Cake
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Friday

Cod Fish Fingers served
with Chips, Garden Peas
and Baked Beans
(G) (W) (F)

Rainbow Pizza served with
Chips, Garden Peas
and Baked Beans
(G) (W) (MK) (E) (SO)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Flapjack
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (B) (MK)

MAINS

VEGETARIAN

PACKED LUNCH

DESSERTS

Our mission is to make your lunchtime meal the highlight of your day

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited •
All of our fish is from sustainable sources • All of our eggs are free range laid by happy chickens • We bake our bread daily in your kitchen

SOME OF OUR FOOD MAY CONTAIN ALLERGENS, PLEASE ASK OUR CHEF FOR ADVICE





SEASONAL
VEGETABLES
with
MAIN COURSE
OPTIONS

WEEK TWO *menu*

WEEKS COMMENCING:
25TH APR, 16TH MAY, 13TH JUN, 4TH JUL, 29TH
AUG, 19TH SEP, 10TH OCT

Monday

BBQ Chicken Wrap
with Savoury Rice
and House Slaw
(G) (C) (W) (E) (B) (SO)

Tuesday

Cheeseburger with Herby
Diced Potatoes
(G) (W) (SE) (MK)

Wednesday

Meatballs in a Rich Ragu
served with Braised Rice
(G) (W)

Thursday

Roast Chicken served with
Potatoes, Vegetables
and Gravy
(G) (W)

Friday

Battered Fish served with
Chips, Garden Peas and
Baked Beans
(G) (W) (F)

Jacket Potato with
Cheese & Beans or
Vegan Chickpea Curry
(MK)

Quorn Sausage Hot Dog
with Herby Diced Potatoes
(G) (W) (B) (SE) (E) (MK)

Vegan Chilli served with
Braised Rice

BBQ Quorn Wrap
with Savoury Rice
and House Slaw
(G) (W) (B) (SO) (E) (C)

Pasta Twists with Cheddar
Cheese Sauce served with
Fresh Salad
(G) (W) (MK)

Selection of Baguette or
Wrap

Selection of Baguette or
Wrap

Selection of Baguette or
Wrap

Selection of Baguette or
Wrap

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

(G) (W) (B) (MK) (SE) (E) (F)

(G) (W) (B) (MK) (SE) (E) (F)

(G) (W) (B) (MK) (SE) (E) (F)

(G) (W) (B) (MK) (SE) (E) (F)

Rice Krispie Cake
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (B) (E) (MK)

Red Berry Mousse
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Banana and Toffee Cake
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Cappuccino Cake
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Shortbread Finger
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (MK)

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WEEK THREE *menu*

WEEKS COMMENCING:
2ND MAY, 23RD MAY, 20TH JUN, 11TH JUL, 5TH SEP,
26TH SEP, 17TH OCT

Monday

Meat Feast Pizza
& Seasoned Wedges

(G) (W) (MK) (E) (SO)

Tuesday

Chilli Con Carne served
with Braised Rice &
Vegetables

Tomato Ragu Pasta Bake

(G) (W) (MK)

Wednesday

Marinated Glazed Chicken
with Savoury Rice
and House Slaw

(G) (B) (W) (C) (SO)

Jacket Potato with
Cheese & Beans or
Five Bean Chili

(MK)

Thursday

Roast Pork with Roast
Potatoes & Vegetables

(G) (W)

Quorn Roast with Roast
Potatoes & Vegetables

(G) (W) (E)

Friday

Cod Fish Fingers served
with Chips, Garden Peas
and Baked Beans

(G) (W) (F)

Vegetable Nuggets
with Chips, Garden Peas
and Baked Beans

(G) (W)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Selection of Baguette or
Wrap

(G) (W) (B) (MK) (SE) (E) (F)

Chocolate Brownie
Fruit Yogurt & Coulis
Fresh Fruit

(G) (W) (E) (MK)

Oat Slice
Fruit Yogurt & Coulis
Fresh Fruit

(G) (W) (B) (E) (MK)

Ice Cream & Sauces
Fruit Yogurt & Coulis
Fresh Fruit

(MK)

Forrest Fruit Muffin
Fruit Yogurt & Coulis
Fresh Fruit

(G) (W) (E) (MK)

Fruit Jelly
Fruit Yogurt & Coulis
Fresh Fruit

(MK)

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