

Menu will be running – W/C 2nd Sept, 23rd Sept, 14th Oct, 2024

5
DAY



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Pasta served with tomato sauce, garlic bread and cheese (sauce optional)	Chicken and cheese Quesadilla (tortilla wrap) with rice	Roast Gammon with pineapple with Roast potatoes	Pork sausage served in a bun with wedges	Fish cake with chips
Vegetarian Main Dish	vegetable spring rolls sweet & sour sauce with rice (sauce optional)	Vegan dippers with Potato wedges	Cheese Pizza with Julienne fries	vegetarian Sausage served in a bun with wedges	Cheese pasty with chips
Accompaniments	Seasonal vegetables baked beans	Seasonal vegetables baked beans	Seasonal vegetables baked beans	Seasonal vegetables baked beans	Seasonal vegetables baked beans
Desserts	Iced lemon cake	Oaty biscuit	Chocolate Crispy	Sticky toffee pudding & sauce	ice cream
Fresh Fruit or Yoghurt	Fresh fruit, yoghurt Fresh bread Salad bar	Fresh fruit or yoghurt Fresh bread Salad bar	Fresh fruit or yoghurt Fresh bread Salad bar	Fresh fruit or yoghurt Fresh bread Salad bar	Fresh fruit or yoghurt Fresh bread Salad bar
Jacket Potato or Sandwich	Jacket potato Cheese sandwich	Jacket potato Ham sandwich	Jacket potato Tuna Mayonnaise sandwich	Jacket potato Ham sandwich	Jacket potato Cheese sandwich



MENU



Quench your thirst with free fresh drinking water available daily

FREE

5
ADAY



MEAT FREE MONDAY

- 1 OF YOUR 5 A DAY

- CHEF'S CHOICE