

# LUNCH MENU



50%  
Contains  
50% fruit



## WEEK 1

Weeks commencing: 17<sup>th</sup> Apr • 8<sup>th</sup> May • 5<sup>th</sup> June • 26<sup>th</sup> June • 17<sup>th</sup> July • 18<sup>th</sup> Sept • 9<sup>th</sup> Oct

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	East Anglian pork sausages with gravy and mashed potatoes	Chicken pasta bake with garlic bread	Yorkshire pudding with beef strips and herby diced potatoes	Roast pork, stuffing, apple sauce and gravy with roast potatoes	Oven baked battered cod fillet with tomato sauce and chips
DESSERTS	Fruit flapjack with a slice of fresh fruit 50%	Apple and cinnamon crumble with custard 50%	Wicked fruity Wednesday 100%	Strawberry mousse and a fresh fruit slice 50%	Fruit muffin with fresh milk
	Fruit yoghurt	Fruit and yoghurt granola pot 50%	Fruit yoghurt	Iced fruit smoothie	Fruit yoghurt

## WEEK 2

Weeks commencing: 24<sup>th</sup> Apr • 15<sup>th</sup> May • 12<sup>th</sup> June • 3<sup>rd</sup> July • 4<sup>th</sup> Sept • 25<sup>th</sup> Sept • 16<sup>th</sup> Oct

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	Local pork grill in a bun	Beef Bolognese with penne pasta	Barbeque chicken with rice	Roast turkey, stuffing and gravy with roast potatoes	Fish fingers or salmon bites with tomato sauce and chips
DESSERTS	Mini chocolate brownie with fresh fruit 50%	American pancake and ice cream with raspberry sauce	Wicked fruity Wednesday 100%	Vanilla cheesecake	Cappuccino cake with fresh milk
	Fruit and yoghurt granola pot 50%	Fruit yoghurt	Iced fruit smoothie	Fruit yoghurt	Fruit yoghurt

## WEEK 3

Weeks commencing: 1<sup>st</sup> May • 22<sup>nd</sup> May • 19<sup>th</sup> June • 10<sup>th</sup> July • 11<sup>th</sup> Sept • 2<sup>nd</sup> Oct

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	Pork meatballs with tomato and basil sauce and spaghetti	Beef shepherd's pie and gravy	Mega ham and tomato pizza	Roast chicken, stuffing and gravy with roast potatoes	Fish fingers with tomato sauce and chips
DESSERTS	Waffle and ice cream	Carrot cake and fruit slice with fresh milk 50%	Wicked fruity Wednesday 100%	Fruit jelly with ice cream	Oat and raisin biscuit with a slice of fresh fruit 50%
	Fruit yoghurt	Fruit yoghurt	Iced fruit smoothie	Fruit yoghurt	Fruit and yoghurt granola pot 50%

### AVAILABLE DAILY!

- Seasonal vegetables
- Salad bar
- Freshly baked bread
- Fresh water

A vegetarian option is available each day if required.

### ALTERNATIVE DESSERT

- Fresh fruit with a drink



Salad bar available subject to the style of service. Some menus or items on the menu are subject to change. All vegetables are seasonal with the exception of peas, sweetcorn and baked beans.

