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Weeks Commencing: 15th April, 13th May, 17th June & 15th July



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Beef Bolognese with Tomato Bread 	Quiche Lorraine with New Potatoes   	Sliced Gammon in Gravy with Roast Potatoes 	Cheese & Tomato Pizza with Potato Wedges  	Breaded Fish Burger in a Bun with a Ketchup Portion  
Meat Free Meal	Vegetable Pasta Bake with Tomato Bread  	Sweetcorn & Pepper Quiche with New Potatoes   	Lentil Roast with Roast Potatoes and Gravy  		Vegetable Burger in a Bun with a Ketchup Portion 
Vegetables	Sweetcorn	Mixed Spring Vegetables	Diced Carrots	Spaghetti Hoops 	Peas
Dessert	Date & honey Bar with a Milk Drink    	Fruit Jelly	Apricot & Peach Crumble with Custard   	Chocolate & Vanilla Ice Cream Pot 	Cherry Shortbread with a Juice Drink  

Fresh Fruit Available Daily

All meals are prepared fresh on the day using local fresh products when possible

No nuts are present in any of our meals or in the preparation area, however some meals contain the following (a full list of allergens can be requested):



Celery



Wheat



Milk/Dairy



Eggs



Fish



Sulphites



Mustard



Soya



Barley



Oats