

## **WEEK ONE**

**SPRING/SUMMER 2022 WEEK 1 – 19 APR, 19 MAY, 16 JUNE, 27 JUNE, 18 JULY, 12 SEPT, 3 OCT**

### **Monday**

Main Option – Saccottini Pomodoro Pasta in a Tomato and Basil Sauce, served with Garlic Bread, Peas and Sweetcorn

Veg Option – Veggie Bolognese with Penne Pasta and Sweetcorn

Dessert – Cheese & Biscuits

### **Tuesday**

Main Option – Pork & Apple Grill with Creamed Potatoes and Broccoli Florets

Veg Option – Home-made Squasage Roll with Creamed Potato and Baked Beans

Dessert – Peach & Carrot Muffin with Crème Fraiche

### **Wednesday**

Main Option – Roast British Chicken with Sage & Onion Stuffing, Roast Potatoes, Spring Cabbage and Gravy

Veg Option – Quorn Fillet with Sage & Onion Stuffing, Roast Potatoes, Baton Carrots & Gravy

Dessert – Yoghurt Selection

### **Thursday**

Main Option – Ham & Cheese Pasta Bake with Sweetcorn and Wholegrain Bread

Veg Option – Pizza Swirls with Spicy Potato Wedges & Chefs Salad

Dessert – Fruity Flapjack with a fresh Apple Wedge

### **Friday**

Main Option – Breaded Flipper Dippers with Oven Chips and Peas

Veg Option – Vegetable Quesadilla with Oven Chips and a Vegetable Medley

Dessert – Chocolate Ice Cream Roll

## **WEEK TWO**

**Spring/Summer 2022 Week Two – 25 April, 16 May, 13 June, 4 July, 29 Aug, 19 Sep, 10 Oct**

### **Monday**

Main Option – Loaded Cheese & Tomato Pizza with Oven Baked Wedges and Home-made Slaw

Veg Option – Margherita Mac & Cheese with Oven Baked Wedges and Vegetable Medley

Dessert – Chilled Melon Slice

### **Tuesday**

Main Option – Chicken & Butternut Squash Curry with Wholegrain Rice and Broccoli Florets

Veg Option – Creamy Quorn Korma with Wholegrain Rice and Broccoli Florets

Dessert – Yoghurt Selection

### **Wednesday**

Main Option – Roast British Beef with Roast Potatoes, Cauliflower Florets and Gravy

Veg Option – Glamorgan Sausage with Roast Potatoes, Carrot Roundels and Gravy

Dessert – Cheese & Biscuits with fresh Apple Slice

### **Thursday**

Main Option – BBQ Lincoln Sausages with Crispy Herb Potatoes and Baked Beans

Veg Option – Home-made Quorn Sausage & Tomato Roll with Crispy Herb Potatoes and Green Beans

Dessert – Strawberry Mousse

### **Friday**

Main Option – Pollock Fish Finger Wrap with Oven Chips and Chefs Salad

Veg Option – Vegetable Fingers with Oven Chips and Crushed Peas

Dessert – Vanilla Ice Cream

## **WEEK THREE**

**Spring/Summer 2022 Week Three – 2 May, 23 May, 20 June, 11 July, 5 Sep, 26 Sep, 17 Oct**

### **Monday**

Main Option – Vegan Sausage Roll with Crispy Herb Potatoes and Green Beans

Veg Option – Chilli Non-Carne filled Jacket Potato with Carrot Roundels

Dessert – Yoghurt Selection

### **Tuesday**

Main Option – Beef Burger in a Bun with Sweet Potato Wedges & Chefs Salad

Veg Option – Country Vegetable Burger in a Bun with Sweet Potato Wedges & Salad Bar

Dessert – Toffee & Banana Pancake

### **Wednesday**

Main Option – Roast British Gammon with Roast Potatoes, Broccoli Florets & Gravy

Veg Option – Home-made Quorn Lattice Slice with Roast Potatoes, Baton Carrots & Gravy

Dessert – Chilled Melon Slice

### **Thursday**

Main Option – Chicken & Thyme Meatballs in a Tomato Sauce with Pitta Bread, Couscous & Sweetcorn

Veg Option – Mediterranean Pasta Bake with Chefs Salad

Dessert – Cheese & Biscuits

### **Friday**

Main Option – Breaded Fish Fillet with Hash Browns and Peas

Veg Option – Veggie Brunch – Mini Omelette, Hash Brown, Veggie Sausage, Baked Beans

Dessert – Chocolate & Beetroot Brownie