



Spring & Summer Menu

Traditional Menu - May be subject to local variations



WEEK ONE

Week commencing: 20th April, 11th May, 8th June, 29th June, 20th July, 2nd September, 21st September, 12th October

Seasonal vegetables & salads are served as accompaniments to the meal each day

Monday

Margarita Pizza (V)
Jacket Potato with
Salmon Mayonnaise
Jacket Potato or Side
Salad

Raspberry & White
Chocolate Desert



Tuesday

Country Chicken Pie
with Filo pastry
Cod Fish Cake
Vegetarian Filo Parcel
(V)
Creamed Potatoes

Fruit Muffin & Fruit
Juice



Wednesday

Roast Beef with Gravy &
Yorkshire Pudding
Spring Vegetable Bake
(V)
Roast Potatoes
New Potatoes

Fruit Salad with Yoghurt
or Cream



Thursday

“Welsh Dragon” Meat
Balls in a
Tomato Sauce
Sweet and Sour Quorn
(V)

Buttered Noodles
or Boiled Rice
Lemon Drizzle Cake
and Custard



Friday

Oven-Baked Breaded
Fish
Sliced Gammon Ham &
Pineapple
Seasonal Frittata (V)
Chipped Potatoes
Creamed Potatoes
Chocolate, Raisin Krispie
Cake & Milkshake



Bread - fresh bread is available to accompany all meals.

The Salad Bar - a selection of 4 - 6 salads are available daily to accompany main meals. Varieties include cucumber, tomato segments, grated carrot, beetroot, shredded iceberg lettuce, coleslaw, mixed pepper salad, pasta salad, sweetcorn, apple and celery and green salad.

Dessert - as an alternative to the Dessert of the Day we offer a choice of yoghurt, fresh fruit or dried fruit pots. Fresh water available.





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WEEK TWO

Week commencing: 27th April, 18th May, 15th June, 6th July, 7th September, 28th September, 19th October

Seasonal vegetables & salads are served as accompaniments to the meal each day

Monday

Fajitas with a Chilli Bean Filling (V)
Pasta Carbonara & Salad Garnish
Rice

Banana Loaf & Custard or Milk



Tuesday

Jacket Potato with Tuna Mayonnaise
Margarita Pizza Wedge (V)
Jacket Potato or Side Salad

Fruit Yoghurt with Crunchy Topping



Wednesday

Roast Chicken with Sage & Onion Stuffing with Gravy & Yorkshire Pudding
Vegetable Cheese Country Bakes (V)
Roast Potatoes
Sweet Potato Mash
Golden Crisp & Fruit Juice



Thursday

Macaroni Cheese (V) & Garlic Slice
Moroccan Lamb
Savoury Couscous or Rice

Fruit Ice Cream



Friday

Baked Sausages & Gravy
Oven-Baked Breaded Fish
Pasta Bake (V)
Chipped Potatoes
Creamed Potatoes

Fruit Flapjack & Milk or Custard



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Dessert - as an alternative to the Dessert of the Day we offer a choice of yoghurt, fresh fruit or dried fruit pots. Fresh water available.





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WEEK THREE

Week commencing: 5th May, 1st June, 22nd June, 13th July, 14th September, 5th October

Seasonal vegetables & salads are served as accompaniments to the meal each day

Monday

Lamb & Mint Grill in a Pitta Pocket
Vegetable Lasagne (V) & Garlic Slice
Savoury Couscous

Chocolate Sponge & Chocolate Custard



Tuesday

Spaghetti Bolognese
Vegetable Curry (V) & Rice
Innocent Smoothie or

Fresh Melon/Pineapple & a Shortbread Finger



Wednesday

Pork Loin Steak & Apple Sauce Gravy and Yorkshire Pudding
Vegetarian Toad in the Hole (V)
Roast Potatoes

Creamed Potatoes
Fruit Jelly & Yoghurt



Thursday

Sweet & Sour Pork
Cauliflower Cheese (V)
Boiled Rice
Jacket Wedges

Vanilla Ice Cream & Fresh Fruit



Friday

Marinated Chicken Drumsticks
Salmon Fillet
Margarita Pizza (V)
Chipped Potatoes
Minted New Potatoes

Carrot Cake with Yoghurt Topping



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Dessert - as an alternative to the Dessert of the Day we offer a choice of yoghurt, fresh fruit or dried fruit pots. Fresh water available.

