



MENU

Spring 2023 

Week 1	MORNING SNACK	DINNER	DESSERT	AFTERNOON TEA
MONDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Sausage and bean hotpot with mixed vegetables and diced roast potatoes Vegetarian option: Quorn sausages</i>	<i>Greek yogurt with fresh fruit</i>	<i>Ploughman's style platter</i>
TUESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Butternut squash, chickpea and spinach curry with brown rice and naan bread</i>	<i>Tropical fruit crumble with custard</i>	<i>Jacket potato with tuna and sweetcorn mayonnaise Vegetarian option: cheese and sweetcorn</i>
WEDNESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Spaghetti bolognese served with garlic bread Vegetarian option: Quorn Mince</i>	<i>Mixed berries with cream</i>	<i>Ham and mixed pepper pizza muffins with coleslaw Vegetarian option: no ham</i>
THURSDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Spring chicken and vegetable stew with dumplings Vegetarian option: Quorn pieces</i>	<i>Melon wedges with coconut yogurt</i>	<i>Leek and cheese pastry turnovers served with cherry tomato quarters</i>
FRIDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Creamy fish pie with buttered peas and carrots Vegetarian option: Mixed vegetables and butter beans in a white sauce</i>	<i>Homemade shortbread biscuit with strawberries</i>	<i>Build-your-own-wraps bar with vegetable crudités</i>



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Week 2	MORNING SNACK	DINNER	DESSERT	AFTERNOON TEA
MONDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Chicken and vegetable tagine with herby cous cous Vegetarian option: Quorn Pieces</i>	<i>Seasonal fruit salad with crème fraiche</i>	<i>Ham and cheese crustless quiche with cherry tomatoes Vegetarian option: mixed vegetables</i>
TUESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Homemade fish goujons with new potatoes and sweetcorn Vegetarian option: vegetable fingers</i>	<i>Greek yogurt with fruit compote</i>	<i>Mixed beans on toast</i>
WEDNESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Mediterranean vegetable and lentil lasagne served with garlic bread</i>	<i>Lime and courgette loaf cake</i>	<i>Sausage rolls with a homemade tomato relish Vegetarian option: Meat-free sausage roll</i>
THURSDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Roast of the day with all trimmings Vegetarian option: Quorn sausage</i>	<i>Fruit platter</i>	<i>Sandwiches with a variety of fillings and a selection of vegetable crudités</i>
FRIDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Beef and vegetable keema with brown rice and naan bread Vegetarian option: Quorn mince</i>	<i>Apple and sultana flapjacks</i>	<i>Rainbow vegetable pasta salad</i>



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Week 3	MORNING SNACK	DINNER	DESSERT	AFTERNOON TEA
MONDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Chili con carne filled jacket potato with soured cream Vegetarian option: Quorn mince</i>	<i>Fruit compote with Greek yogurt</i>	<i>Pitta pockets with a variety of fillings with and carrot batons</i>
TUESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Salmon and vegetable curry served with brown rice and naan bread Vegetarian option: Quorn pieces</i>	<i>Blueberry sponge with custard</i>	<i>Mixed bean quesadillas with guacamole</i>
WEDNESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Macaroni and cauliflower cheese served with garlic bread</i>	<i>Fresh fruit platter</i>	<i>Toasted bagel with ham, cream cheese and cucumber Vegetarian option: no ham</i>
THURSDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Sausage and mash with onion gravy served with garden peas Vegetarian option: Quorn sausage</i>	<i>Banana and cinnamon rice pudding</i>	<i>Cheese and marmite puff pastry pinwheels served with cherry tomatoes</i>
FRIDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Chicken and ham pie served with baby potatoes and mixed vegetables Vegetarian option: Quorn pieces</i>	<i>Peach and raspberry fool</i>	<i>Fish fingers with baked beans Vegetarian option: vegetable fingers</i>