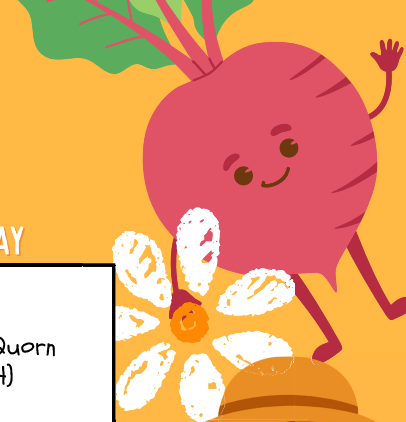




# WEEK 1

WEEK STARTING 14/4 - 4/05 - 1/06 - 22/06 - 13/07



MAKE A DIFFERENCE MONDAY

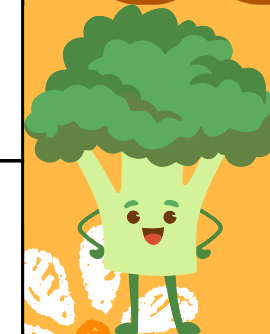
TUESDAY

WEDNESDAY

THURSDAY

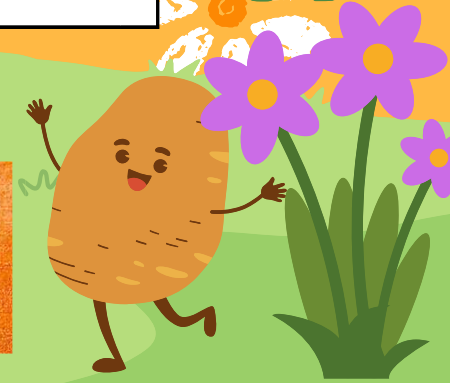
FISHY FRIDAY

Lasagne V (2,7)	Crispy Courgette, Tofu & Aubergine Katsu Curry V (2,4,13)	Sizzling Quorn Sausages V (2) Yorkshire Pudding V (2,4,7) Onion Gravy	Tracy's Homemade Whole Wheat Vegetable Pizza V (2,7)	Crunchy Baked Quorn Fingers V (2,4)
Same as above	Crispy Chicken Katsu Curry V (2,4,13)	Sizzling Pork Sausages (2,14), Yorkshire Pudding V (2,4,7) Onion Gravy	Homemade Whole Wheat Margherita Pizza V (2,7)	Breaded Salmon Finger (2,5)
Homemade Whole wheat Garlic Focaccia V (2,7) Broccoli & Cauliflower VE	50/50 Rice & Green Beans, Rainbow Slaw VE	Mashed Potatoes (7) & Seasonal Vegetables VE	Pesto Pasta Salad V (2,7) Crunchy Mixed Salad VE	Chunky chips, Garden Peas & Sweetcorn VE
Jacket Potato topped with beans VE, cheese V with side salad VE (7,9)	Ham or Cheese Sandwich V (2,7) Crunchy Side Salad VE	Jacket Potato with beans VE, cheese V or tuna, with side salad VE (4,5,7,9)	Tuna or Cheese Sandwich (2,5,7) Crunchy Side Salad VE	Jacket Potato with beans VE, cheese V or tuna, with side salad VE (5,7)
Apple & Pear Flapjack VG (2)	Seasonal Fruit Salad & Natural Yoghurt V (7)	Homemade Strawberry Ice Cream V (7)	Seasonal Sliced Fruit VG	Beetroot Brownie V (2,4,13)



SERVED WITH A SELECTION OF SEASONAL VEGETABLES AND SALAD, HOME BAKED WHOLE WHEAT BREAD, FRESH FRUIT AND YOGHURT

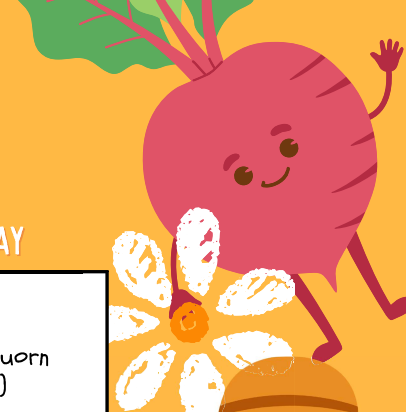
ALLERGEN KEY: 1 CELERY 2 CEREALS CONTAINING GLUTEN 3 CRUSTACEANS 4 EGGS 5 FISH 6 LUPIN 7 DAIRY 8 MOLLUSCS 9 MUSTARD 10 NUTS 11 PEANUTS 12 SESAME 13 SOYA 14 SULPHITES/SULPHUR DIOXIDE V VEGETARIAN VG VEGAN





# WEEK 2

WEEK STARTING 20/04 - 11/05 - 8/06 - 29/06



MAKE A DIFFERENCE  
MONDAY

TUESDAY

WEDNESDAY

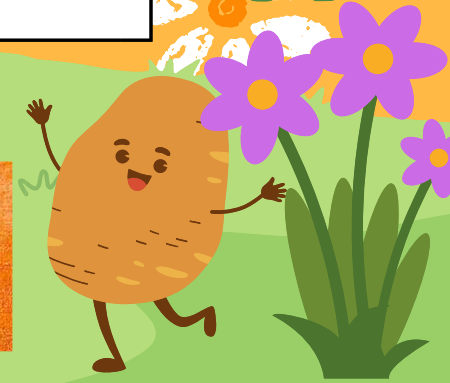
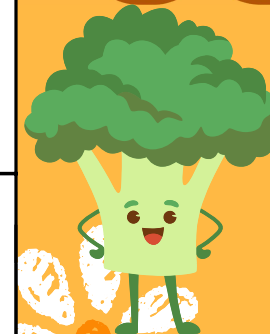
THURSDAY

FISHY FRIDAY

Spaghetti Bolognese V (2)	Red Thai Vegetable Curry (VE)	Cheesy Cauliflower, Pumpkin and Leek Pasty V (2,4,7)	Homemade Whole Wheat Margherita Pizza V (2,7)	Crunchy Baked Quorn Fingers V (2,4)
Same as above	Red Thai Chicken Curry	Roast Loin of Pork, Stuffing & Gravy (7)	Tracy's Homemade Whole Ham & Pineapple Pizza (2,7,14)	Fish Fingers (2,5)
Homemade Wholewheat Tomato and Onion Focaccia V (2) Green Salad, Veggie Sticks VE	50/50 Rice, Steamed Broccoli and Veggie Salad VE	Roast Potatoes & Seasonal Vegetables VG	Potato Salad V (1,4,9) Crunchy Mixed Salad VE	Chunky chips, Garden Peas & Corn VG
Jacket Potato topped with beans VE, cheese V with side salad VE (7,9)	Ham or Cheese Sandwich V (2,7) Crunchy Side Salad VE	Jacket Potato with beans VE, cheese V or tuna, with side salad VE (4,5,7,9)	Tuna or Cheese Sandwich (2,5,7) Crunchy Side Salad VE	Jacket Potato with beans VE, cheese V or tuna, with side salad VE (5,7)
Chocolate Courgette Cake V (2,4,13)	Seasonal Fruit Salad & Yoghurt V (7)	Cheese and Crackers V (2,7)	Fresh Fruit platter VE	Tracy's Great Bake Day (2,4,7) Selection of home made cakes & biscuits

SERVED WITH A SELECTION OF SEASONAL VEGETABLES AND SALAD, HOME BAKED WHOLE WHEAT BREAD, FRESH FRUIT AND YOGHURT

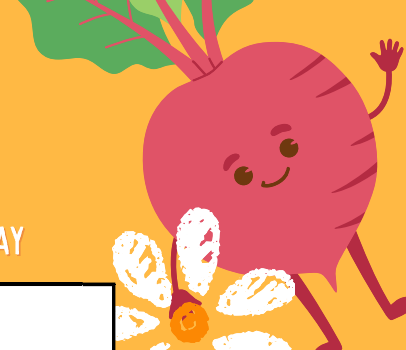
ALLERGEN KEY: 1 CELERY 2 CEREALS CONTAINING GLUTEN 3 CRUSTACEANS 4 EGGS 5 FISH 6 LUPIN  
7 DAIRY 8 MOLLUSCS 9 MUSTARD 10 NUTS 11 PEANUTS 12 SESAME 13 SOYA 14 SULPHITES/SULPHUR  
DIOXIDE V VEGETARIAN VG VEGAN





# WEEK 3

WEEK STARTING 27/04 - 18/05 - 15/06 - 6/07



MAKE A DIFFERENCE  
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FISHY FRIDAY

Roasted Vegetable Pasta Bake, Cherry Tomatoes & Basil V (2,7)	Mixed Bean Soft Shell Taco V (2)	Lentil & Vegetable Cottage Pie V (7,13,14)	Quorn Hot Dog V (2,4)	Crunchy Baked Quorn Fingers V (2,4)
Same as above	Soft Shell Pulled Pork Taco (2)	Cottage Pie (7)	Chicken Sausage Hot Dog (1,2,14)	Baked Fish Cake (2,5,7)
Homemade Whole wheat Garlic Focaccia V (2,7) Green Beans & Veggie Salad VE	Mexican Rice V, Guacamole & Salsa (7), Corn on the Cob	Cabbage & Carrots VE	Sweet Potato Wedges & Home-Made Baked Beans, Rainbow Slaw	Chunky chips & Garden Peas VE
Jacket Potato topped with beans VE, cheese V with side salad VE (7,9)	Ham or Cheese Sandwich V (2,7) Crunchy Side Salad VE	Jacket Potato with beans VE, cheese V or tuna, with side salad VE (4,5,7,9)	Tuna or Cheese Sandwich (2,5,7) Crunchy Side Salad VE	Jacket Potato with beans VE, cheese V or tuna, with side salad VE (5,7)
Summer Berry & Apple Crumble, Vanilla Custard V (2,7)	Seasonal Fruit Salad & Natural Yoghurt V (7)	Fruit Jelly	Seasonal Sliced Fruit VG	Seeded Oat & Fruit Cookie VE (2,4,13)

SERVED WITH A SELECTION OF SEASONAL VEGETABLES AND SALAD, HOME BAKED WHOLE WHEAT BREAD, FRESH FRUIT AND YOGHURT

ALLERGEN KEY: 1 CELERY 2 CEREALS CONTAINING GLUTEN 3 CRUSTACEANS 4 EGGS 5 FISH 6 LUPIN  
7 DAIRY 8 MOLLUSCS 9 MUSTARD 10 NUTS 11 PEANUTS 12 SESAME 13 SOYA 14 SULPHITES/SULPHUR  
DIOXIDE V VEGETARIAN VG VEGAN

