

# Spring/ summer Menu 2022 Week 1

## MONDAY

Chicken Fajitas, with tangy salsa (GF) (DF)

Sliced chicken strips with fajita flavours

Cheese, Leek and Potato pie

A layered pie

Crushed Garlic Potatoes  
Broccoli florets  
Carrot  
Fresh Salad

Rhubarb Crumble.  
Or Cake, cookie, fruit or yoghurt

Plus a small drink

£2.60

## TUESDAY

Mediterranean Kebab

Lemon & Oregano marinated

Spanakopita

From Greece, a spinach and feta filo tart.

Buttery Rice  
Garlic tossed kale  
Greek Salad  
Tomato, red onion and feta, lemon juice and oregano .

Chocolate Marble Cake .

Or Cake, cookie, fruit or yoghurt

Plus a 330 ml still water

£2.60

## WEDNESDAY

Twice Cooked Belly Pork (GF) (DF)

Sauce and Stuffing

Slow roasted shoulder of pork, meat gravy and apple sauce.

Winter Vegetable & Bean Crumble

Roasted Vegetables topped with savoury crumble crumb

Crispy roast potatoes  
Carrot batons  
Fresh cabbage  
Fresh Salad

Fiery Ginger and Orange Cake

Or Cake, cookie, fruit or yoghurt

Plus a 330 ml still water

£2.60

## THURSDAY

Moroccan inspired Tagine with chicken

(GF) (DF)

Mild middle eastern spices, in thick sauce.

Mixed Bean & Potato burrito

Sweet and spicy.

Lemon & Herb Couscous  
Scented braised carrots.

Green Beans  
Fresh salad

Fruit Trifle

with a shortbread.

Or Cake, cookie, fruit or yoghurt

Plus a 330 ml still water

£2.60

## FRIDAY

Crispy coated Fillet of fish (GF & DF) served with home made tartare sauce.

Polenta Cake with ratatouille & mozzarella (GF)

Chunky chips  
Mushy peas  
Roasted vegetables

Fruit Salad

cake, yoghurt plus 330 ml still water.

£2.60

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# Spring / summer Menu 2022 Week 2

## MONDAY

Lemon & Herb Roasted  
Chicken  
(GF) (DF)

Subtle lemon and herby delight.

Field Mushroom Tart  
(DF)

Mushrooms, with courgettes, tomato

Potato Wedges  
Green Beans  
Sliced Carrots  
Fresh Salad

Sweet Apple and Sultana  
Turnover

Or Cake, cookie, fruit or  
yoghurt

Plus a 330 ml still water  
£2.60

## TUESDAY

Chicken Paella  
(GF) (DF)

Spanish style served with lemon aioli  
and bread

Mac n` Cheese  
With garlic bread

Garden Peas  
Sweetcorn  
Fresh salad

Chocolate Brownie

Or Cake, cookie, fruit or  
yoghurt

Plus a 330 ml still water  
£2.60

## WEDNESDAY

Roast Beef (GF) (DF)  
&

Yorkshire Pudding

With gravy

Quorn Toad in the Hole  
With Gravy

Crispy roast potatoes.  
Carrot & Turnip  
Seasonal Cabbage  
Fresh Salad

Golden Syrup Sponge  
Or Cake, cookie, fruit or  
yoghurt

Plus a 330 ml still water  
£2.60

## THURSDAY

Cottage Pie  
(GF)

Minced beef and onions in gravy topped  
with creamy mash potato

Shepherdess Pie (GF)

Quorn mince and onions topped with  
sweet potato mash

Broccoli Florets  
Red Cabbage  
Fresh Salad

Apple & Blackberry crumble  
with custard

Or Cake, cookie, fruit or  
yoghurt

Plus a 330 ml still water  
£2.60

## FRIDAY

Crispy coated  
Fillet of Fish (GF)

served with home made  
tartare sauce.

Home Made Salmon  
Fishcakes.

With lemon mayonnaise.

Quorn Sausages

Chunky chips  
Mushy Peas  
Roasted vegetable

Fruit salad

cookie, fruit, yoghurt or cake  
330 ml still water

£2.60

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# Spring / summer Menu 2022 Week 3

## MONDAY

### Chicken & Bean Enchiladas

Searched chicken, with peppers onions and beans seasoned with Mexican spices.

### Goats Cheese & Lemon Risotto

A creamy rice dish with parmesan cheese & crème fraiche

Potato wedges  
Green Beans  
Sweetcorn  
Fresh Salad

### Peach Crumble

Or Cake, cookie, yoghurt or fruit.

Plus, a 300ml still water  
£2.60

## TUESDAY

### Chicken tikka masala (GF)

A classic chicken curry with tomatoes.

### Vegetable Curry with coconut & lime (GF)

mildly spiced vegetable with coconut and lime

Basmati rice  
Garden peas  
Roasted Cauliflower  
Fresh salad

### Jaffa Cake Sponge

Or Cake, cookie, yoghurt or fruit

Plus a 300ml still water  
£2.60

## WEDNESDAY

### Roast Turkey with gravy and cranberry sauce & stuffing. (GF)

Roasted Vegetable Roulade  
A medley of roasted peppers, courgettes and mozzarella cheese

Crispy Roast Potatoes,  
Seasonal Cabbage  
Honey Roasted Parsnips.  
Fresh Salad

### Sticky toffee pudding

Or Cake, cookie, yoghurt or fruit.

Plus a 300ml still water  
£2.60

## THURSDAY

### Country Hot Pot (GF)

Minced Lamb simmered with vegetables and topped with buttery potatoes.

Roasted Butternut Squash (GF) (V)  
With Puy Lentils

Creamy Mash Potato  
Green Beans  
Carrot batons  
Fresh salad

### Ginger Cake

Or Cake, cookie, yoghurt or fruit.

Plus a 300ml still water  
£2.60

## FRIDAY

Crisp battered fillet of fish served with home made tartare sauce

Tomato Filled peppers  
Topped with cheese.

Chunky chips  
Mushy peas  
Roasted vegetables  
Fresh Salad

### Fruit Salad

Cake or cookie, yoghurt or fruit + a 300ml still water

£2.60

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# Snack Menu Spring / summer 2022

## MONDAY

Filled Hot Paninis,  
Nachos  
Loaded fries

Pizza Selection  
Pasta and Toppings  
Love Joes Chicken Wraps  
From £1.00

Jacket Potato Topped with Hot  
and Cold fillings  
From £1.80

Selection of Traditional &  
Continental Breads  
with Various Fillings.  
Seasonal Salad Boxes  
From £1.80

Fresh Fruit Selection  
Yoghurt Pots  
& Cold Drinks  
From 0.60p

A selection of tasty, fresh, home-baked cakes and treats

## TUESDAY

Filled Hot Paninis,  
Nachos  
Loaded fries

Pizza Selection  
Pasta and Toppings  
Love Joes Chicken Wraps  
From £1.00

Jacket Potato Topped with Hot  
and Cold fillings  
From £1.80

Selection of Traditional &  
Continental Breads  
with Various Fillings.  
Seasonal Salad Boxes  
From £1.80

Fresh Fruit Selection  
Yoghurt Pots  
& Cold Drinks  
From 0.60p

A selection of tasty, fresh, home-baked cakes and treats  
From 0.62p

## WEDNESDAY

Filled Hot Paninis,  
Nachos  
Loaded fries

Pizza Selection  
Pasta and Toppings  
Love Joes Chicken Wraps  
From £1.00

Jacket Potato Topped with Hot  
and Cold fillings  
From £1.80

Selection of Traditional &  
Continental Breads  
with Various Fillings.  
Seasonal Salad Boxes  
From £1.80

Fresh Fruit Selection  
Yoghurt Pots  
& Cold Drinks  
From 0.60p

A selection of tasty, fresh, home-baked cakes and treats  
From 0.62p

## THURSDAY

Filled Hot Paninis,  
Nachos  
Loaded fries

Pizza Selection  
Pasta and Toppings  
Love Joes Chicken Wraps  
From £1.00

Jacket Potato Topped with Hot  
and Cold fillings  
From £1.80

Selection of Traditional &  
Continental Breads  
with Various Fillings.  
Seasonal Salad Boxes  
From £1.80

Fresh Fruit Selection  
Yoghurt Pots  
& Cold Drinks  
From 0.60p

A selection of tasty, fresh, home-baked cakes and treats  
From 0.62p

## FRIDAY

Filled Hot Paninis,  
Nachos  
Loaded fries

Pizza Selection  
Pasta and Toppings  
Love Joes Chicken Wraps  
From £1.00

Jacket Potato Topped with Hot  
and Cold fillings  
From £1.80

Selection of Traditional &  
Continental Breads  
with Various Fillings.  
Seasonal Salad Boxes  
From £1.80

Fresh Fruit Selection  
Yoghurt Pots  
& Cold Drinks  
From 0.60p

A selection of tasty, fresh, home-baked cakes and treats  
From 0.62p

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