

Week one

29/04 20/05 10/06 01/07 22/07 12/08 02/09 23/09 14/10

Choose a main meal...

Beef Burger in a Bun
Spicy Bean Burger in a Bun ^{vg}
Jacket Potato with Tuna Mayo
Potato Wedges
Sweetcorn or Salad
for dessert...
Yoghurt & Granola
Fruit Salad

on the side...

Choose a main meal...

Chicken Makhani & Rice
Cheese & Tomato Pizza v
Jacket Potato with Cheese v

on the side...

Green Beans
Salad
for dessert...
Muesli Flapjack
Fruit Salad

Tuesday

Choose a main meal...

Roast Gammon, Gravy & Roast Potatoes
Sweet Potato, Chickpea & Lentil Roast, Gravy & Roast Potatoes ^{vg}
Jacket Potato with Baked Beans v
Sliced Carrots & Cabbage
for dessert...
Apricot Shortbread
Fruit Salad

on the side...

Green Beans
Salad
for dessert...
Apple & Mango Drizzle Cake
Fruit Salad

Wednesday

Choose a main meal...

Vegetable Pasta Bake v
Veggie Pasta Bolognese v
Jacket Potato with Cheese v

on the side...

Green Beans
Salad
for dessert...
Apple & Mango Drizzle Cake
Fruit Salad

Thursday

Choose a main meal...

Fish Fingers & Mashed Potato
3 Bean Chili & Rice v
Jacket Potato with Baked Beans v

on the side...

Peas or Salad
for dessert...
Yoghurt with Apple & Melon Slices
Fruit Salad

Friday

Chilled water, milk, salad and bread are available daily.
All paid meals to be ordered one full week in advance of the entire week they are required, either on-line by midnight Sunday or via telephone by 3pm Friday. Terms and conditions apply. Please see our website or contact us for more information. Menu items are subject to availability.



Week two

06/05 27/05 17/06 08/07 29/07 19/08 09/09 30/09 21/10

Choose a main meal...

Cheese & Tomato Pizza v
Spinach & Ricotta Tortellini in Tomato Sauce v
Jacket Potato with Salmon Mayo
Green Beans
Beetroot Salad
for dessert...
Muesli Flapjack
Fruit Salad

on the side...

Choose a main meal...

Turkey Meatballs & Rice
Veggie Balls & Rice v
Jacket Potato with Baked Beans v

on the side...

Broccoli
Salad
for dessert...
Yoghurt with Apple Slices
Fruit Salad

Choose a main meal...

Roast Turkey, Gravy & Roast Potatoes
Quorn Roast, Gravy with Roast Potatoes v
Jacket Potato with Cheese v
Sliced Carrots & Cauliflower
for dessert...
Toffee Apple Muffin
Fruit Salad

on the side...

Sliced Cabbage
Cucumber Salad
for dessert...
Yoghurt & Granola
Fruit Salad

Choose a main meal...

Chicken Savoury Rice
Vegetable Savoury Rice v
Jacket Potato with Tuna Mayo

on the side...

Sliced Cabbage
Cucumber Salad
for dessert...
Yoghurt & Granola
Fruit Salad

Choose a main meal...

Fish & Chips
Quorn Dippers & Chips ^{vg}
Jacket Potato with Cheese v

on the side...

Peas or Salad
for dessert...
Cranberry Shortbread
Fruit Salad

Week three

22/04 13/05 03/06 24/06 15/07 05/08 26/08 16/09 07/10 28/10

Choose a main meal...

Macaroni Cheese v
Tomato Pasta v
Jacket Potato with Baked Beans v

on the side...

Peas
Beetroot Salad
for dessert...
Yoghurt & Granola with Apple Slices
Fruit Salad

Choose a main meal...

Chilli Chicken & Rice
Cheese & Tomato Pizza v
Jacket Potato with Tuna Mayo

on the side...

Green Beans
Salad
for dessert...
Apricot Shortbread
Fruit Salad

Choose a main meal...

Roast Beef, Gravy & Roast Potatoes
Quorn Fillet, Gravy & Roast Potatoes v
Jacket Potato with Cheese v
Sweetcorn & Spring Cabbage
for dessert...
Yoghurt & Granola
Fruit Salad

on the side...

Cucurbit Salad
Chocolate & Pear Marbled Sponge & Custard
Fruit Salad

Choose a main meal...

Beef Lasagne
Quorn Lasagne v
Jacket Potato with Baked Beans v

on the side...

Carrots
Cucumber Salad
for dessert...
Chocolate & Pear Marbled Sponge & Custard
Fruit Salad

Choose a main meal...

Fish Fingers & Mashed Potato
Vegetable Quorn Nuggets & Mashed Potato v
Jacket Potato with Cheese v

on the side...

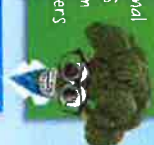
Baked Beans
Salad
for dessert...
Toffee Apple Muffin
Fruit Salad

Simplicity

All our milk is Red Tractor approved



WE BUY 95% of our seasonal vegetables direct from British growers



ALL OUR BEEF is from THE UK OR IRELAND

FRESH SALAD

IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER 30% of our products are transported by vehicles that run on bio-diesel

All our bananas are FAIRTRADE



Fresh Bloomer Bread

AVAILABLE EVERY DAY

FARM TO FORK We can trace every cut of meat back to the farms of origin

We only use Lion Quality British Eggs



WE SUPPORT 82 BRITISH DAIRY FARMS

