

Spring/summer menu 2018

Available everyday: Salads, jacket potatoes with baked beans, cheese ¹ or coleslaw ^{11,14}, fresh bread ^{1,3,6,11}, fruit yoghurt ¹ and fresh fruit

Week	Day	Mains		Sides			Puddings
		Meat	Vegetarian				
1 Commences 19 th February 12 th March 16 th April 7 th May 4 th June 25 th June 16 th July	Monday	Meat free Monday	Vegetarian rainbow pizza ^{1,3,6,11}	Half-baked potato	Baked beans	Mixed salad	Ice cream ¹ or frozen mousse ¹
	Tuesday	Jerk style chicken jambalya	Mac 'n' cheese ^{1,3,14}	Rice & peas	Broccoli	Sweetcorn	Lemon sponge ^{3,11} with lemon sauce ¹
	Wednesday	Roast turkey, stuffing ³ & gravy ³	Vegetable omelette ^{1,11}	Roast potatoes	Seasonal greens	Cauliflower	Fruit jelly
	Thursday	Pork meatballs & gravy ³	Quorn sausage ^{1,3,11} & onion gravy ³	Mashed potato ¹	Green beans	Carrots	Apple pie ^{3,11} & custard ¹
	Friday	Battered fish fillet ^{2,3} & tartare sauce ^{11,14}	Vegetable fajita ^{1,3}	Chips	Peas	Baked beans	Wholemeal oat cookie ³ & milk ¹
2 Commences 26 th February 19 th March 23 rd April 14 th May 11 th June 2 nd July 23 rd July	Monday	Hot dog ^{3,12} , caramelised onions & sauces	Quorn dog ^{1,3,11} , caramelised onions & sauces	Potato wedges	Sweetcorn	Salad	Strawberry mousse ¹ /mango & vanilla yoghurt ¹
	Tuesday	Mild chicken curry ¹	Tomato & basil pasta with cheese ^{1,3}	Savoury rice	Green beans	Crudites	Fruit sponge ^{3,11} & custard ¹
	Wednesday	Roast gammon & gravy ³	Vegetable & lentil hot pot	Roast potatoes	Seasonal greens	Carrots	Fruit & ice cream ¹
	Thursday	Beef lasagne ^{1,3,14}	Vegetable paella	Mediterranean bread ^{1,3,6,11}	Broccoli	Coleslaw ^{11,14}	Choice of cookie ³
	Friday	Fish fingers ^{2,3} or salmon fishcake ^{2,3}	Tomato & cheese quiche ^{1,3,11}	Chips	Peas	Baked bean	Iced finger bun ^{3,7}
3 Commences 5 th March 26 th March 30 th April 21 st May 18 th June 9 th July	Monday	Jacket potato bar (2 fillings) with spicy beans, coleslaw ^{11,14} , cheese ¹	Vegetable chilli	Rice	Salads from the salad bar		Chocolate sponge ^{3,11} with pear compote & chocolate sauce ¹
	Tuesday	Chicken pie with gravy ³	Broccoli & cauliflower cheese ^{1,14}	Creamed potatoes ¹	Peas	Carrots	Fruit salad
	Wednesday	Roast pork, apple sauce & gravy ³	Lentil & vegetable loaf	Cauliflower	Cabbage		Ice cream ¹ or frozen yoghurt ¹ or mousse ¹
	Thursday	Pasta with bolognese sauce ³	Vegetable & bean wrap ^{1,3}	Mexicorn	Tomato & basil salad		Fruit goodie ³ & crumble ¹
	Friday	Fish fingers ^{2,3}	Caribbean patties ^{1,3}	Chips	Peas	Baked beans	Crispie cake ³ & milk ¹



Food for life

We are proud holders of Soil Association bronze Food for Life standard



MSC

All our fish is sustainable sourced and accredited by the Marine Stewardship Council



ISO 9001

Principals is accredited to the ISO 9001/2015 quality management system



We work with butchers that source meat from farmers certified by Red Tractor and RSPCA Freedom Foods

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard