



Summer 2024
Week 1



This week's menu

Monday

PLANT POWER

Arrabiata with Black Olives & Basil Leaves with Penne Pasta (WHEAT)(MILK)
Mediterranean Vegetable Lasagne (WHEAT)(MUSTARD)(MILK)
Peas & Sweetcorn
Fruit Yoghurt with Granola Crumb (WHEAT)(MILK)



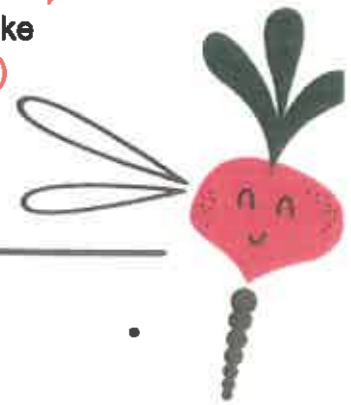
Tuesday

Lamb Kofta Kebab with Tzatziki Dressing (MILK)(WHEAT)
Roasted Butternut Squash, Spinach & Red Onion Chutney Pasty (MILK)(WHEAT)(EGG)
Pickled Slaw
Roasted Vegetable Cous Cous (WHEAT)
Chocolate Fool (MILK)



Wednesday

Spanish Chicken in a Tomato & Chorizo Sauce (WHEAT)(BARLEY)(SOYA)*
Lightly Spiced Wholegrain Rice
Roasted Aubergine, Courgettes & Peppers (WHEAT)(MILK)(SOYA)
Jam & Coconut Cake (WHEAT)(EGGS)



Thursday

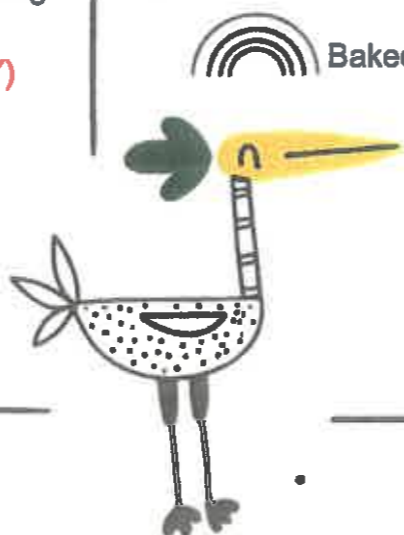
Honey Roasted Gammon with Yorkshire Pudding and Gravy (WHEAT)(EGGS)(MILK)
Cauliflower Cheese Gratin (MILK)(CELERY)
Garlic and Herb Potatoes
Green Beans & Steamed Carrots (WHEAT)(MILK)(SOYA)
Apple & Berry Crumble with Ice Cream (WHEAT)(MILK)



Friday

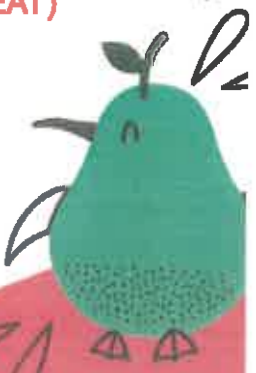
Traditional Fish & Chips

Baked Breaded Cod Fish Fingers (WHEAT)(FISH)
Crispy Fishless Fingers (WHEAT)
Oven Roasted Chips
Peas and Carrots
Homemade Lemon & Blueberry Muffins (WHEAT)(MILK)(EGGS)



Every day

Seasonal Soup of the Day with Croutons
Jacket Potatoes
Baked Beans
Freshly-made Salad Bar
Pasta with Tomato & Basil Sauce (WHEAT)
Grated Cheese (MILK)
Boiled Eggs (EGGS)
Grilled Chicken
Sliced Fresh Fruit
Free-From Alternatives



For those with special dietary requirements or allergies who may wish to know more about the food ingredients used, please ask the Chef Manager



Summer 2024
Week 2

CH
& CO

This week's menu

Monday

PLANT POWER

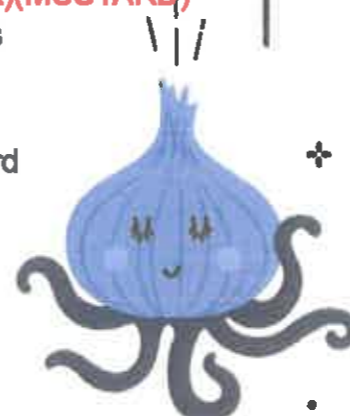
Mushroom & Basil Carbonara Topped with Crispy Onions (WHEAT)
Roasted Vegetable Frittata (MILK)(EGGS)
Garlic Bread (WHEAT)
Green Beans
Mixed Berry Yoghurt with Granola Crumb (WHEAT)(MILK)



Tuesday

Bangers and Mash

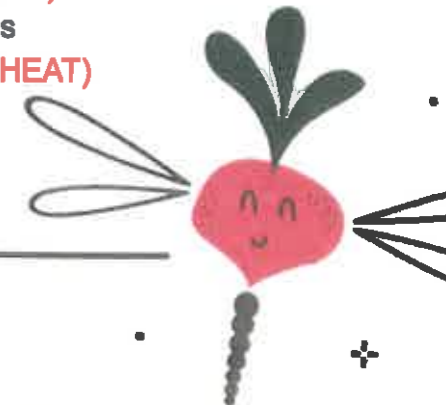
Classic Pork Sausages (WHEAT)(SULPHITES)
Gluten Free Sausage (SULPHITES)
Glamorgan Sausages (WHEAT)(MILK)(MUSTARD)
Spring Greens & Carrots
Creamy Mash
Onion Gravy
Pear Crumble with Custard (WHEAT)(MILK)



Wednesday

Taste of Italy

Traditional Chicken Meatballs in a Tomato Ragu
Mushroom & Parmesan Risotto (MILK)(EGG)
Spaghetti Pasta (WHEAT)
Roasted Vegetables
Marble Cake (EGGS)(WHEAT)



Thursday

Beef Burgers with Red Onion Chutney (WHEAT)(SULPHITES) May Contain Sesame
Spiced Bean Burger with Paprika & Garlic Mayo (WHEAT)(EGG)(MUSTARD) May Contain Sesame
Cajun Wedges
Caesar Dressed Salad
Butterscotch Mousse (MILK)



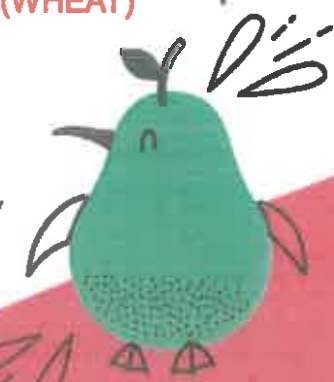
Friday

Crispy Chicken Goujons (WHEAT)(CELERY)
Cheese and Onion Rolls (WHEAT)(MILK)
Peas and Carrots
Oven baked Chips
Homemade Chocolate Muffins (WHEAT)(MILK)(SOYA)



Every day

Seasonal Soup of the Day with Croutons
Jacket Potatoes
Baked Beans
Freshly-made Salad Bar
Pasta with Tomato & Basil Sauce (WHEAT)
Grated Cheese (MILK)
Boiled Eggs (EGGS)
Grilled Chicken
Sliced Fresh Fruit
Free-From Alternatives



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Summer 2024
Week 3

CH
& CO

This week's menu

Monday

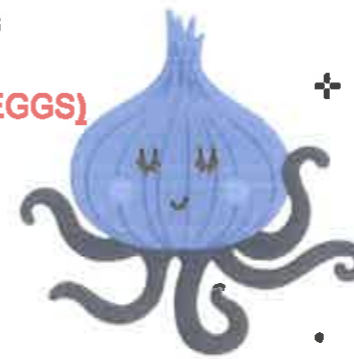
Tuna Pasta Bake (WHEAT)(FISH)(MILK)
Cheddar Cheese & Red Onion Tart
(MILK)(WHEAT)(EGGS)
Garlic Bread (WHEAT)
Sweetcorn & Carrots
Mixed Berry Yoghurt with Granola Crumb
(WHEAT)(MILK)



Tuesday

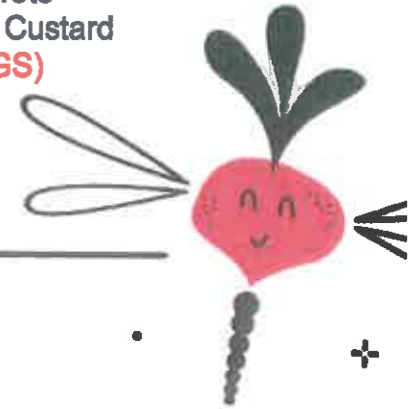
Taste of Summer

Pork Posh Dog with Crispy Onions
(WHEAT)(SULPHITES) May Contain Sesame
Glamorgan Posh Dog with Crispy Onions
(WHEAT)(MILK)(MUSTARD) May Contain Sesame
Garlic & Herb Diced Potatoes
Rainbow Slaw
Banana and Date Cake (WHEAT)(EGGS)



Wednesday

Beef & Mango Coconut Curry
(CELERY)(MUSTARD)
Beetroot & Chickpea Curry (CELERY)(MUSTARD)
Wholegrain Rice
Green Beans and Carrots
Steamed Syrup Cake with Custard
(WHEAT)(MILK)(EGGS)



Thursday

Cajun Chicken Wraps (WHEAT)(MUSTARD)
Halloumi with Roasted Vegetable & Sweet Chilli
Wraps (WHEAT)(MILK)
Seasoned Wedges
Broccoli
Lemon Drizzle Cake (WHEAT)(EGGS)



Friday

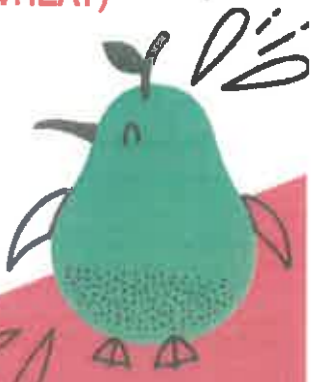
Traditional Fish & Chips

Battered Cod (WHEAT)(FISH)
Cheese, Tomato Pizza Baguette
(WHEAT)(MILK)(SOYA)
Oven Roasted Chips
Peas & Sweetcorn
Ice Lollies



Every day

Seasonal Soup of the Day with Croutons
Jacket Potatoes
Baked Beans
Freshly-made Salad Bar
Pasta with Tomato & Basil Sauce (WHEAT)
Grated Cheese (MILK)
Boiled Eggs (EGGS)
Grilled Chicken
Sliced Fresh Fruit
Free-From Alternatives



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