

# FOOD TO FLOURISH

SOME ORGANIC

WEEK 1

## MONDAY

### CHOOSE FROM

- Chicken fillet in a bap with diced potatoes
- Roasted vegetable pasta with garlic bread finger

### VEGETABLE OF THE DAY

Served with garden peas and sweetcorn

### TO FINISH

Ice cream, fruit smoothie or apple lolly

## TUESDAY

### CHOOSE FROM

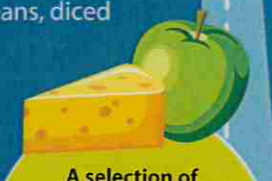
- Sausage roll with choice of potato
- Vegetarian cottage pie

### VEGETABLE OF THE DAY

Served with green beans, diced carrot and gravy

### TO FINISH

Apple shortbread sandwich



A selection of alternative desserts; Banana, apple, orange, yoghurt, rice pot, fruity pot, cheese and biscuits or fruit juice are available daily

## WEDNESDAY

### CHOOSE FROM

- Chicken Korma with brown and white rice and Naan style bread
- Margherita pizza with diced potatoes or wedges

### VEGETABLE OF THE DAY

Served with broccoli or coleslaw

### TO FINISH

Seasonal fresh fruit medley

## THURSDAY

### CHOOSE FROM

- Pasta Bolognaise
- Vegetarian sausages with mashed potato and gravy

### VEGETABLE OF THE DAY

Served with a medley of green vegetables

### TO FINISH

Mini muffin

## FRIDAY

### CHOOSE FROM

- Baked fish finger pocket with tomato sauce
- Cheese, red onion and tomato pasty

### VEGETABLE OF THE DAY

Served with chips, garden peas or baked beans

### TO FINISH

Lemon crunch biscuit

WEEK 2

### CHOOSE FROM

- BBQ chicken fillet
- Mixed vegetable wrap with tomato salad

### VEGETABLE OF THE DAY

Served with diced potatoes and broccoli

### TO FINISH

Ice cream, fruit smoothie or apple lolly

### CHOOSE FROM

- Roast beef, Yorkshire pudding, roast potatoes and gravy
- Summer vegetable bake

### VEGETABLE OF THE DAY

Served with green beans and carrots

### TO FINISH

A choice of cold desserts

Extra freshly baked bread plus salad available daily



### CHOOSE FROM

- Quorn chilli with brown and white rice
- Margherita pizza with diced potatoes or wedges

### VEGETABLE OF THE DAY

Served with broccoli or coleslaw

### TO FINISH

Seasonal fresh fruit medley

### CHOOSE FROM

- Pork grill, mashed potato and gravy
- Macaroni cheese using Somerset cheddar and garlic bread finger

### VEGETABLE OF THE DAY

Served with green beans or mixed salad

### TO FINISH

Carrot cake



### CHOOSE FROM

- Battered fish goujons, chips and tomato sauce
- Vegetable curry, brown and white rice and Naan style bread

### VEGETABLE OF THE DAY

Served with garden peas or baked beans

### TO FINISH

Love cake

WEEK 3

### CHOOSE FROM

- Pork sausages with mashed potato and gravy
- Vegetable swirl

### VEGETABLE OF THE DAY

Served with broccoli or baked beans

### TO FINISH

Ice cream, fruit smoothie or apple lolly

### CHOOSE FROM

- Roast chicken
- Quorn grill

### VEGETABLE OF THE DAY

Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots

### TO FINISH

Fruity summer sponge

### CHOOSE FROM

- Bubble salmon
- Margherita pizza

### VEGETABLE OF THE DAY

Served with diced potatoes or wedges, coleslaw and garden peas

### TO FINISH

Seasonal fresh fruit medley

### CHOOSE FROM

- BBQ beef lattice with potato wedges
- Tomato pasta with garlic bread finger

### VEGETABLE OF THE DAY

Served with green beans and sweetcorn

### TO FINISH

Marble shortbread

### CHOOSE FROM

- Baked fish fingers with tomato sauce
- Quorn nuggets with tomato sauce

### VEGETABLE OF THE DAY

Served with chips and garden peas

### TO FINISH

Cheddar cheese and crackers

Vegetarian Gold award winner Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets Green Gourmet's award-winning Red Tractor chicken breast fillet - Winner of the Queen's Award for Enterprise: Innovation 2017

CALENDAR

### APRIL 2019

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### MAY 2019

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### JUNE 2019

Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

### JULY 2019

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### SEPTEMBER 2019

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### OCTOBER 2019

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



All menu items are subject to change, based upon availability in the event of unforeseen circumstances.