



Monday

Macaroni Cheese
 Fresh Vegetables of the Day
 or
 Salmon, Broccoli & Sweetcorn Pasta Bake
 or
 Jacket Potatoes with choice of Tuna,
 Egg, Cheese and Baked Beans Fresh
 Salad

Fruit Crumble
 with Custard

Tuesday

Yummy Scrummy chicken & butternut
 squash curry with Wholegrain rice and
 Fresh Vegetables of the Day
 or
 3 Bean Casserole
 or
 Jacket Potatoes with choice of Tuna,
 Egg, Cheese and Baked Beans
 Fresh Salad

Cheesy Tuesday
 Cheese platter with grapes, celery and
 crackers

Week 1

Meat is purchased from local British Accredited Butchers and is traceable back to the UK Farm it was sourced from Organic Meat is Sourced from the Rhug Estate

Organic milk, eggs and flour are used in all cooking and organic meat is served once a week and Wholegrain Bread, Pasta, Rice and Spaghetti are used (subject to availability)

Thursday

Mixed Grill
 Organic Bacon and Sausage, Hash
 Browns, Baked Beans
 Tomatoes, Mushrooms
 or
 Scrambled Eggs
 or
 Jacket Potatoes with choice of Tuna, Egg,
 Cheese and Baked Beans
 Fresh Salad

Chocolate Mousse

Friday

Fish Fingers or Battered Fish served
 with Chips and Baked Beans
 Fresh Vegetables of the Day
 or
 Chefs Choice
 or
 Vegetable Fingers
 or
 Jacket Potatoes with choice of Tuna,
 Egg, Cheese and Baked Beans Fresh
 Salad

Fruity Friday
 Prepared Variety of delicious Fresh
 Fruits

Wednesday

Organic Roast Pork served with
 Gravy and Roast Potatoes and Fresh
 Vegetables of the Day
 or
 Yorkshire Pudding filled with Roasted
 Vegetables
 or
 Jacket Potatoes with choice of Tuna,
 Egg, Cheese and Baked Beans
 Fresh Salad

Ice Cream

Available Every Day
Homemade soup of the day
Homemade fresh (wholegrain) bread, a
selection of fresh salad, fresh fruit,
Homemade yogurt
Specific Dietary requirement
alternatives



Week 2

Meat is purchased from local British Accredited Butchers and is traceable back to the UK Farm it was sourced from. Organic Meat is Sourced from the Rhug Estate

Organic milk, eggs and flour are used in all cooking and organic meat is served once a week and Wholegrain Bread, Pasta, Rice and Spaghetti are used (subject to

availability)

Thursday

Organic Chilli Con Carne served with Steamed wholegrain rice and Fresh Vegetables of the Day or Bean Burritos or

Jacket Potatoes with choice of Tuna, Egg, Cheese and Baked Beans Fresh Salad

Chocolate Pudding with Chocolate Sauce

Available every day

Homemade soup of the day

Homemade fresh (wholegrain) bread, a selection of fresh salad, fresh fruit,

Homemade yogurt

Specific Dietary requirements alternatives

Monday

Pasta with a choice of Tomato, Pesto or Cheese Sauce
Fresh Vegetables of the Day
or
Cod Crumble
or Jacket Potatoes with choice of Tuna, Egg, Cheese and Baked Beans
Fresh Salad

Apple Crumble
with Custard

Tuesday

Organic Sausages and Mash (Beef or Pork) Fresh Vegetables of the Day
or
Vegetarian Sausages
or
Jacket Potatoes with choice of Tuna, Egg, Cheese and Baked Beans Fresh Salad

Cheesy Tuesday
Cheese platter with grapes, celery and crackers

Wednesday

Breaded Chicken Goujons served with Sweet Potato Wedges and Fresh Vegetables of the Day
or
Vegetable Goujons
or
Jacket Potatoes with choice of Tuna, Egg, Cheese and Baked Beans
Fresh Salad

Lemon Mousse

Friday

Fish Fingers or Battered Fish served with Chips and Baked Beans Fresh Vegetables of the Day
or
Chefs Choice
or
Vegetable Fingers
or
Jacket Potatoes with choice of Tuna, Egg, Cheese and Baked Beans Fresh Salad

Fruity Friday
Prepared Variety of delicious Fresh Fruits



Week 3

Meat is purchased from local British Accredited Butchers and is traceable back to the UK Farm it was sourced from. Organic Meat is Sourced from the Rhug Estate
Organic milk, eggs and flour are used in all cooking and organic meat is served once a week and Wholegrain Bread, Pasta, Rice and Spaghetti are used (subject to availability)

Monday

Margarita Pizza
or
Spanish Omelette served with Jacket Wedges and Fresh Vegetables of the Day or Jacket Potatoes with choice of Tuna, Egg, Cheese and Baked Beans Fresh Salad

Strawberry Cheesecake

Tuesday

Turkey Escalopes in Breadcrumbs served with a Fresh Tomato Sauce with Fresh Vegetables of the Day or Vegetable stuffed Arranchini or Jacket Potatoes with choice of Tuna, Egg, Cheese and Baked Beans Fresh Salad

Cheesy Tuesday
Cheese platter with grapes, celery and crackers

Thursday

Chicken Burritos and Fresh Vegetables of the Day or Bean and Rice Burritos or Jacket Potatoes with choice of Tuna, Egg, Cheese and Baked Beans Fresh Salad

Treacle Sponge and Custard

Friday

Fish Fingers or Battered Fish served with Chips and Baked Beans Fresh Vegetables of the Day or Chefs Choice or Vegetable Fingers or Jacket Potatoes with choice of Tuna, Egg, Cheese and Baked Beans Fresh Salad

Fruity Friday
Prepared Variety of delicious Fresh Fruits

Wednesday

Organic Beef Lasagna served with Garlic Bread and Fresh Vegetables of the Day or Vegetarian Lasagna or Jacket Potatoes with choice of Tuna, Egg, Cheese and Baked Beans Fresh Salad

Rice Pudding with Jam Sauce

Available every day
Homemade soup of the day
Homemade fresh (wholegrain) bread, a selection of fresh salad, fresh fruit,
Homemade yogurt
Specific Dietary requirements alternatives.