

Week one

08/05 19/06 10/07 11/09 02/10

Monday

Choose a main meal...

Pasta Pack's Amazing Bolognese
Mega Mozzarella & Tomato Pizza with Jacket Wedges ✓
Jacket - Baked Beans
Sandwich - Ham or Cheese

for dessert...

Silvertop's Yoghurt with Peach Compote

Jacket Potatoes are available every day with a choice of fillings.



Week two

24/04 15/05 05/06 26/06 17/07 18/09 09/10

Tuesday

Choose a main meal...

Mince & Onion Pie with Bud's New Spuds
Pasta Pack's Neopolitan Super Cheesy Pasta ✓
Jacket - Cheese
Sandwich - Turkey or Egg Mayo

for dessert...

Crunchy Apple Crumble with Custard

Choose a main meal...

Veggie Balls in Tomato Sauce with Rice
Pasta Pack's Mac 'N' Cheese ✓
Jacket - Baked Beans
Sandwich - Turkey or Cheese

for dessert...

Strawberry Fro-Yo

Choose a main meal...

Bangers with Bud's Mash Mountain
Vegetarian Bangers with Bud's Mash Mountain ✓
Jacket - Cheese
Sandwich - Ham or Tuna Mayo

for dessert...

Flapjack

Wednesday

Choose a main meal...

Roast Turkey & Bud's Crispy Spuds
Super Quorn Roast with Bud's Crispy Spuds ✓
Jacket - Coleslaw
Sandwich - Ham or Tuna Mayo

for dessert...

Strawberry Yogurt

Choose a main meal...

Roast Gammon with Bud's Crispy Spuds
Barry's Bean Omelette with Bud's Crispy Spuds ✓
Jacket - Coleslaw
Sandwich - Turkey or Egg Mayo

for dessert...

Mini Brownie with Banana Slices

Thursday

Choose a main meal...

Sadie's BBQ Chicken with Mash
Sadie's Super Mild Veggie Chilli with Rice ✓
Jacket - Cheese
Sandwich - Turkey or Cheese

for dessert...

Chocolate and Mandarin Sponge with Chocolate Sauce

Choose a main meal...

Sadie's Chicken with Rice and Peas
Mega Mozzarella & Tomato Pizza with Bud's New Spuds
Jacket - Cheese
Sandwich - Ham or Tuna Mayo

for dessert...

Pineapple Upside Down Cake with Custard

Friday

Choose a main meal...

Crispy Fish & Chips
Vegetable Curry and Chickpea Wrap with Chips ✓
Jacket - Baked Beans
Sandwich - Ham or Tuna Mayo

for dessert...

Oatie Biscuit

Choose a main meal...

Golden Fish Fingers and Chips
Very Veggie Lasagne with Chips ✓
Jacket - Baked Beans
Sandwich - Turkey or Cheese

for dessert...

Silvertop's Yoghurt with Fruit Compote

Week three

01/05 22/05 12/06 03/07 04/09 25/09 16/10

Choose a main meal...

Really Cheesy Pizza Bianca with Oven Baked Wedges
Pasta Pack's Tomato & Basil Pasta ✓
Jacket - Baked Beans
Sandwich - Ham or Tuna Mayo

for dessert...

Silvertop's Cool Ice-Cream Pot

Choose a main meal...

Chicken & Sweetcorn Pie with Bud's New Spuds
Super Cheese & Onion Quiche with Pasta Pack's Salad ✓
Jacket - Cheese
Sandwich - Turkey or Egg Mayo

for dessert...

Raspberry Loaf Cake

Choose a main meal...

Roast Pork with Bud's Mash
Barry's Bean and Cheese Bubble & Squeak ✓
Jacket - Tuna Mayo
Sandwich - Ham or Cheese

for dessert...

Chocolate Crispy

Choose a main meal...

Sadie's Beef Lasagne with a Garlic Bread Wedge
Sadie's Veggie Korma & Rice ✓
Jacket - Cheese
Sandwich - Turkey or Tuna Mayo

for dessert...

Oatie Apple Crumble with Custard

Choose a main meal...

Crispy Salmon Fillet or Golden Fish Finger & Chips
BBQ Quorn and Bean Wrap with Chips ✓
Jacket - Baked Beans
Sandwich - Ham or Cheese

for dessert...

Silvertop's Yoghurt with Mixed Fruit Compote



There is a vegetarian choice every day... and don't forget that salad is available daily.

Keep yourself topped up with water - it will help you concentrate all day long.

