



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)

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

Thursday

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

Chocolate Pudding served with Chocolate
Sauce

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

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

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

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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

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

Lemon Drizzle Cake

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 Pie

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

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



Week 3

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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

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

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

**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.**