

Dates
Week commencing
21st April, 12th May, 9th June
and 30th June

Menu Week 1

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

 Look for this logo on the menu to try a yummy seasonal special!

MON

TUES

WED

THU

FRI

Chef's soup served everyday and fresh bread served twice a week

Mighty Mains

Mild & Creamy Chicken
Balti with Peppers &
Spinach **(None)**

Traditional Beef Lasagne
with a Cheesy Crust
(G,E,Mk)

Or Beef Bolognese and
Gluten Free Pasta

Butchers Select Pork &
Leek Sausages with
Caramelised Red Onion
Gravy **(G,Su)**

Gluten Free sausages
available

Honey & BBQ Glazed
Chicken **(None)**

Margherita Focaccia
Pizza **(G,E,Mk)**

Super Veggies

Potato and Vegetable
Creamy Curry **(None)**

Ratatouille Vegetable &
Penne Pasta Bake with
Basil **(G,Mk)**

Glamorgan Sausages
with Caramelised Red
Onion Gravy

(G, E, Mk, Mu, So, Su)

BBQ Quorn and
Vegetable Wraps **(G)**

Roasted Vegetable and
Basil Focaccia Pizza
(G,E,Mk)

Nature's Noms

Roasted Vegetables

Chef's Mixed Summer
Salad

Steamed Broccoli

Peas
Roasted Tomatoes

Sweetcorn

Fuel Up Favourites

Brown Rice

Accent Focaccia **(G)**

Mashed Potato

Baked Oven Chips

Puddings

Summer Berry Eton
Mess Pots **(Mk,E)**

Lemon and Thyme
Sponge **(G,E,So)**

White Chocolate Chip &
Raspberry Cookie
(G,E,Mk,So)

Poached Pear Conde
Pots **(Mk)**

Dorset Apple Cake
(G,E,Mk)

Jacket potatoes, salad bar, fresh fruit and free from puddings available daily.



Find Sophie's Star to enjoy
the dish specially chosen
by our nutritionist!

Allergens

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals
containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

Dates
Week commencing
28th April, 19th May, 16th June
and 7th July

Menu

Week 2

Eat the Seasons

- SEASONALLY FRESH, PERFECTLY PICKED -



Look for this logo on the menu to try a yummy seasonal special!

MON

TUES

WED

THU

FRI

Chefs soup served everyday and fresh bread served twice a week

Mighty Mains

Tandoori Chicken with
Mint & Cucumber Raita
(Ce,Mk,So)

Italian Beef Meatballs in
a Rich Tomato & Basil
Sauce served with Penne
(G,Su,Ce)

Roast Chicken Breast,
Stuffing (G) & Gravy

Mexican Beef
Chilli Con Carne,
Smashed Avocado, Sour
Cream, Salsa & Tortilla
Chips (G,Mk,Mu)

Fish Fingers Or Baked
Fish (G,F) with Chunky
Tartare Sauce (E) &
Lemon Wedges

Super Veggies

Tandoori Aubergine,
Tarka Dhal & Naan Bread
(Ce,G,So,Mk)

Macaroni Cheese Bake
with Crunchy Garlic
Crumble Topping
(G,E,Mk,So)

One Pot Sausage &
Vegetable Casserole
(G,Ce)

Mexican Buffalo Bean
Chilli
Smashed Avocado, Sour
Cream, Salsa & Tortilla
Chips (G,E,Mk,Mu)


Seasonal Summer Hero
"Leaf Spinach"
Spinach & Feta Cheese
Spanakopita Filo Pie
(G,E,Mk)

Nature's Noms

Skin on Roasted
Butternut Squash
Roasted Cauliflower

Steamed Broccoli
Roasted Leeks

Parsley Carrots
Sauteed Spring Greens

Roasted Peppers & Corn
Green Beans

Garden Peas
Baked Beans

Fuel Up Favourites

Turmeric Rice

Garlic Focaccia (G)

Skin on Roast Potatoes

Steamed Rice

Baked Oven Chips

Puddings

Blueberry & Lemon
Cheesecake Pots
(G,E,Mk)

Carrot Cake Cookie
(G,E,Mk)

Peach Melba Crumble
Pots (G,Mk)

Chocolate Cake with
Chocolate Orange
Frosting (G,E,Mk,So)

Strawberry & Coconut
Chia Seed Pudding Pot
(So)

Jacket potatoes, salad bar, fresh fruit free and from puddings available daily.



SPINACH
April



NEW POTATOES
May



PEAS
June



STRAWBERRIES
July



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Dates
Week commencing
5th May, 2nd June and 23rd
June

Menu

Week 3

Eat the Seasons

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MON

TUES

WED

THU

FRI

Chefs soup served everyday and fresh bread served twice a week

Mighty Mains

Traditional Beef
Bolognaise (**None**)

Tender Beef & Summer
Vegetable Stew (**G**)

Roast Norfolk Turkey
with Cranberry Stuffing
(**G**) & Gravy

Katsu Chicken with Curry
Sauce & Pickled Asian
Vegetables (**G,E,So,Su**)

Fish Fingers (**G,F**) with
Chunky Tartare Sauce (**E**)
& Lemon Wedges

Super Veggies

Vegetable & Lentil
Bolognaise (**G,So**)

Wonky Summer
Vegetable & White Bean
Stew (**G,So**)

Stuffed Mushrooms with
Creamy Leeks & Mature
Cheddar (**G,Mk,So**)

Katsu Tofu with Curry
Sauce & Pickled Asian
Vegetables (**G,E,So,Su**)

Vegetable Spring Rolls
with Sweet & Sour Sauce
(**G,So**)

Nature's Noms

Sauteed Courgettes

Sticky Honey Carrots
Broccoli

Braised Red Cabbage (**G**)
Minted Carrots

Sauteed Spring Greens
Naked Slaw

Garden Peas
Baked Beans

Fuel Up Favourites

Penne Pasta (**G**)

Crushed Baby Potatoes


Thyme Roast Potatoes

Steamed Rice

Baked Oven Chips

Puddings

Apple & Raspberry Fool
Pots (**Mk**)

 **Seasonal Summer Hero**
"Leaf Spinach"
Moss Cake with
Cornflake Frosting
(**G,E,Mk**)

Lemon Drizzle Sponge
(**G,E,Mk**)

Messy Berries Pots with
Greek Yoghurt &
Smashed Meringue
(**E,Mk,So**)

Pineapple Upside Down
Cake with Custard
(**G,E,Mk,So,Su**)

Jacket potatoes, salad bar, fresh fruit, and free from puddings available daily.



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