

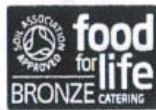
Week One

27 FEB
26 MAR

COOK ON SITE MENU SPRING 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	*Ham & Pineapple Pizza with Diced Potatoes	Beef Meatballs with Pasta	Chicken & Vegetable Pie with New Potatoes	Roast Beef with Mashed Potatoes & Yorkshire Pudding	**Fish Fingers with Oven Chips
Vegetarian	Cheese & Tomato Flan with Diced Potatoes	Cauliflower & Broccoli Bake with Pasta	Vegetable Curry with Rice	Vegetable Pizza with Mashed Potatoes	Roasted Vegetable Lasagne with Oven Chips
(s) Jacket Potato	Salmon & Cucumber Mayonnaise	Baked Beans (V)(H)	Vegetarian Mince Bolognese (V)(H)	Grated Cheese (V)	Chicken & Sweetcorn Mayonnaise
Vegetables	Fresh, Locally Sourced Seasonal Vegetables	Fresh, Locally Sourced Seasonal Vegetables	Fresh, Locally Sourced Seasonal Vegetables	Fresh, Locally Sourced Seasonal Vegetables	Fresh, Locally Sourced Seasonal Vegetables
Dessert of the Day	Jam Sponge with Custard	Seasonal Fruit with Ice Cream	Chocolate Crispy	Strawberry Cheesecake	Apple Crumble with Custard

Freshly Prepared, Locally Sourced Fruit and Yoghurt Bar Available Daily.
All meals are served with a range of delicious breads, freshly baked on site daily.



Subject to availability. Menu includes locally sourced fresh meat, some organic and Fair Trade products

S= Served with a portion of sunflower spread

**=Pork Product

Fresh Range Eggs & Farm Assured Products are used in this menu

H = Hot Topping

Week Three

12 MAR



All Meats used in this menu are either Farm Assured or Red Tractor as a minimum standard

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	*Sausages with Mashed Potatoes	Savoury Mince Pie with New Potatoes	BBQ Chicken Pizza with Jacket Wedges	Roast Chicken & Stuffing with Roast Potatoes	**Fish Cakes with Oven Chips
Vegetarian	Vegetable Hotpot with Mashed Potatoes	Cheese Omelette with New Potatoes	Tomato & Pasta Bake with Jacket Wedges	Mixed Vegetable Quiche with Roast Potatoes	Vegetarian Cowboy Pie with Oven Chips (Sausages & Beans topped with Cheesy Mashed Potatoes)
(s) Jacket Potato	Baked Beans (V)(H)	Tuna Mayonnaise	Creamy Salmon (H)	Mild Chilli Con Carne (H)	Grated Cheese (V)
Vegetables	Fresh, Locally Sourced Seasonal Vegetables	Fresh, Locally Sourced Seasonal Vegetables	Fresh, Locally Sourced Seasonal Vegetables	Fresh, Locally Sourced Seasonal Vegetables	Fresh, Locally Sourced Seasonal Vegetables
Dessert of the Day	Banana Cake with Chocolate Custard	Golden Flapjack	Rice Pudding with Jam Sauce	Apple & Raspberry Crumble with Custard	Seasonal Fruit with Ice Cream

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**Week
Two**

5 MAR



A number of these products are used in our menus

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken Korma with Rice	Homemade Burger in a Bun with Homemade Jacket Wedges	*Roast Ham with Roast Potatoes	Lasagne with Garlic Bread	**Breaded Fish with Oven Chips
Vegetarian	Macaroni Cheese with Garlic Bread	Vegetable Grill in a Bun with Homemade Jacket Wedges	Cheese & Tomato Pizza with Roast Potatoes	Spanish Omelette with New Potatoes	Vegetable Stir Fry with Noodles
(s) Jacket Potato	Tuna, Cucumber & Mayonnaise	Stuffed Baked Potatoes with Cheesy Leeks (V)(H)	Homemade Coleslaw (V)	Baked Beans (V)(H)	Grated Cheese (V)
Vegetables	Fresh, Locally Sourced Seasonal Vegetables	Crunchy Salad	Fresh, Locally Sourced Seasonal Vegetables	Fresh, Locally Sourced Seasonal Vegetables	Baked Beans
Dessert of the Day	Chocolate Shortcake	Seasonal Fruit with Ice Cream	Lemon Sponge with Custard	Cheese, Crackers & Grapes	Date & Treacle Sponge with Custard

Freshly Prepared, Locally Sourced Fruit and Yoghurt Bar Available Daily.
All meals are served with a range of delicious breads, freshly baked on site daily.

To ensure quality of dishes it may be necessary to occasionally offer suitable alternative products to those shown on this menu

**This product comes from a fishery which has been certified to the Marine Stewardship Council's environmental standard for a well-managed and sustainable fishery.

Although our menus are nut free (excluding coconut), we cannot guarantee against airborne traces, please call our customer services line for further information.

**Week
Four**

**20 FEB
19 MAR**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pasta Bolognese Bake with Garlic Bread	*Toad in the Hole with Mashed Potatoes	Roast Turkey & Stuffing with Roast Potatoes	Mild Chicken Curry with Rice	**Breaded Fish with Oven Chips
Vegetarian	Macaroni Cheese with Garlic Bread	Vegetarian Toad in the Hole with Mashed Potatoes	Quorn Burger in a Bun with Roast Potatoes	Cheese, Tomato & Spinach Pizza with Diced Potatoes	Cheese & Potato Pie with Oven Chips
(s) Jacket Potato	Baked Beans (V)(H)	Grated Cheese (V)	Stuffed Baked Potato with Chicken & Cheese (H)	Tuna Mayonnaise	Homemade Coleslaw (V)
Vegetables	Fresh, Locally Sourced Seasonal Vegetables	Fresh, Locally Sourced Seasonal Vegetables	Fresh, Locally Sourced Seasonal Vegetables	Fresh, Locally Sourced Seasonal Vegetables	Fresh, Locally Sourced Seasonal Vegetables
Dessert of the Day	Lemon Drizzle Sponge with Custard	Carrot Cake	Chocolate Concrete with Chocolate Custard	Fruit Jelly	Oat & Raisin Cookie

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