





Week 1

17/04/2017, 08/05/2017, 05/06/2017, 26/06/2017, 17/07/2017, 18/09/2017, 09/10/2017

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Organic Beef Burgers in a Wholemeal Bun 106g 23.9g	Lemon & Garlic Chicken 97g 0.1g	Homemade Organic Beef Burrito 175g 55.9g	Roast Chicken 60g 1.3g	Homemade Vegetarian Chilli 160g 8.6g
Homemade Fish Pie 185g 14.8g 	Jacket Potato with Baked Beans 315g 52.9g	Caribbean Cod Fillet 112g 14.4g 	Tuna & Sweetcorn Mayonnaise Wrap 115g 24.3g 	Gluten Free Bubbly Fish Fillet 60g 13.0g 
Vegetarian Country Bake Bun in a Wholemeal Bun 100g 34.7g	Sweet Potato & Chickpea Korma 151g 26.5g	Homemade Cheese & Tomato Pizza 78g 21.2g	Vegetable Fingers 85g 19.6g	Sweet Pepper & Cheese Mini Omelettes 108g 1.1g
Oven Baked Potato Wedges 114g 34.3g	50/50 Rice 53g 40.4g	50/50 Rice 53g 40.4g	Roast Potatoes 130g 21.5g Yorkshire Pudding 20g 5.2g	Oven Baked Potato Wedges 114g 34.3g
		Herby Diced Potatoes 115g 28.5g	New Potatoes 54g 8.6g	
Sweetcorn 71g 8.3g	Fresh Broccoli 100g 1.8g	Sweetcorn & Pepper Mix 76g 8.5g	Fresh Organic Carrots 71g 7.5g	Fresh Cauliflower 100g 3.0g
Mixed Vegetables 63g 4.4g	Diced Carrot & Swede Mix 75g 4.0g	Green Beans 71g 1.4g	Fresh Cabbage 144g 7.2g	Garden Peas 71g 6.4g
Iced Fruit Smoothies 80ml 15.1g	Homemade Mango & Coconut Muffin 80g 22.3g	Homemade Peach & Pear Crumble with Custard 101g 28.7g 78g 9.7g	Homemade Organic Cherry Flapjack 62g 31.9g	Homemade Orange & Lemon Sponge with Custard 59g 27.9g 78g 9.7g
Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g
A selection of Chilled Yoghurts 18.2g	A selection of Chilled Yoghurts 18.2g	A selection of Chilled Yoghurts 18.2g	A selection of Chilled Yoghurts 18.2g	A selection of Chilled Yoghurts 18.2g
Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g
Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g

*New in 2015, all our pasta dishes contain a minimum of 50% Organic Wholemeal Pasta

Week 2

24/04/2017, 15/05/2017, 12/06/2017, 03/07/2017, 04/09/2017, 25/09/2017, 16/10/2017

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Organic Pork Sausages 75g 11.3g	BBQ Chicken 80g 4.2g	Homemade Beef & Macaroni Cheese Bake 183g 20.4g	Roast Gammon 65g 0.3g	Meat Free Enchiliadas 135g 27.4g
Baked Salmon Fillet with a Herb Crust 96g 9.2g	Cod Fillet with a Parsley Sauce 129g 4.6g	Marinated Chicken Tikka 79g 1.8g	Chicken Fajita Bake 253g 41.0g	Birds Eye (Gluten Free) Fish Fingers 90g 15.3g
Homemade Vegetarian Bologanise 206.8g 17.3g	Quorn Tikka Masala 111g 8.1g	Jacket Potato with Baked Beans 315g 52.9g	Cheese & Potato Puff 125g 25.6g	Homemade Cauliflower & Broccoli Cheese Bake 187g 8.2g
Oven Baked Diced Potatoes 115g 28.6g	50/50 Rice 53g 40.4g	Saute Potatoes 114g 30.0g	Roast Potatoes 130g 21.5g Yorkshire Pudding 20g 5.2g	Chips 114g 22.7g
50/50 Pasta 50g 33.8g	New Potatoes 54g 8.6g			
Spaghetti Hoops 94g 10.1g	Garden Peas 71g 6.4g	Sweetcorn 71g 8.3g	Fresh Broccoli 100g 1.8g	Garden Peas 71g 6.4g
Green Beans 71g 1.4g	Fresh Cauliflower 100g 3.0g	Mixed Vegetables 63g 4.4g	Fresh Organic Carrots 71g 7.5g	Sweetcorn 71g 8.3g
Strawberry Artic Roll 38.5g 11.6g	Homemade Peach Melba Sponge with Custard 69g 29.5g 78g 9.7g	Homemade Lemon Drizzle Cake 73g 29.4g	Jelly with Mandarins 119g 4.4g	Homemade Pineapple Upside Down Cake with Custard 103g 34.7g 78g 9.7g
Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g
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Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g

Week 3

01/05/2017, 22/05/2017, 19/06/2017, 10/07/2017, 11/09/2017, 02/10/2017

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Lamb Mint Grills with Yoghurt & Cucumber Dip 72g 6.3g	Chinese Sticky Chicken 102g 18.4g	Chicken Meatballs in a Homemade Tomato Sauce 217g 40.7g	Roast Turkey Fillet 57g 1.5g	Vegetarian Strognaoff 146g 11.4g
Homemade Pea & Bacon Pasta 199g 54.6g	Jacket Potato with Tuna Mayonnaise 312g 43.1g	Glazed Teriyaki Salmon Fillet 81.5g 4.3g	Homemade Sweet Chilli Chicken Pasta 203g 77.8g	Birds Eye (Gluten Free) Fish Fingers 90g 15.3g
Vegetarian Sausage Roll 57g 15.2g	Homemade Macaroni Cheese 325g 83.4g	Homemade Cheese & Tomato Pizza 78g 21.2g	Sticky Quorn Sausages 91g 13.4g	Vegetable Parcels 79g 16.3g
Oven Baked Potato Wedges 114g 34.3g	Coconut Rice 128g 44.2g	50/50 Pasta 50g 33.8g	Roast Potatoes 130g 21.5g Yorkshire Pudding 20g 5.2g	50/50 Rice 53g 40.4g
		Oven Baked Mixed Potato Chips 114g 17.4g		Potato Smiles 136g 41.9g
Baked Beans 101g 15.3g	Fresh Broccoli 100g 1.8g	Fresh Cauliflower 100g 3.0g	Fresh Cabbage 144g 7.2g	Sweetcorn 71g 8.3g
Mixed Vegetables 63g 4.4g	Sweetcorn 71g 8.3g	Garden Peas 71g 6.4g	Fresh Organic Carrots 71g 7.5g	Green Beans 71g 1.4g
Warm Waffles with Strawberry Fruit Compote 72g 33.7g	Homemade Raspberry & Caramel Muffin 65g 24.2g	Homemade Mandarin Sponge with Custard 122g 31.4g 78g 9.7g	Fruity Angel Delight 105g 5.5g	Homemade Toffee Sponge with Custard 94g 43.6g 78g 9.7g
Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g
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