

Menu April 2024

Monday 08	Free range egg frittata with spinach & cheddar cheese (EL)	Tuna Pasta Bake with hidden vegetables, tomato Sauce & Grated Fresh Parmesan (FLG) Veggie Pasta Bake with Tomato Sauce & Grated Fresh Parmesan (LG)	Steamed Broccoli Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils & chickpeas	Yoghurt with fruit coulis (L) Seasonal hand cut fruit salad
Tuesday 09	Nachos with homemade guacamole with avocado, tomatoes & peppers	Mince beef fajitas with mixed peppers, red & white onion, & sour cream (GL) Vegetable fajitas with grated cheese & sour cream (GL)	Steamed rice Cajun spiced corn Grated cheddar cheese Salad bar as above	Seasonal hand cut fruit salad
Wednesday 10	Rich creamy vegetable, and tomato & Basil Soup	Grilled Pork loin with Garlic Cream Sauce on the side (LC) Grilled Haloumi with Garlic Cream Sauce (LC)	Cous Cous Mixed Vegetables, peppers, mushrooms, onions Salad Bar as above	Homemade cereal bar (G) Seasonal hand cut fruit salad
Thursday 11	Vegetable, thyme, & Leek & Potato Soup (L)	Grilled Norwegian Salmon with a white creamy dill Sauce on the side (LC) Grilled Stuffed Courgettes with Chickpeas & Lentils, and creamy dill sauce	Creamy mashed potatoes with chives Steamed green Beans Salad Bar as above	Choice of yoghurt or jelly & Seasonal hand cut fresh fruit salad
Friday 12	Minted Lentil salad with feta, spinach & peas (L)	Grilled Cajun Chicken fillet Burgers with BBQ Sauce, lettuce and tomato (GE) Veggie Burgers with lettuce, tomato and SANA BBQ Sauce (S)	Garlic Potato Wedges Corn on the Cob Salad Bar as above	Sweet treat! Seasonal hand cut fruit salad

Allergens key: L: Lactose F: Fish G: Gluten C: Celery S: Soya ★: Sulphite E: Eggs
P: Peanuts M: Mustard ◆: Crustacens N: Treenuts ■: Lupin □: Molluscs S: Sesame

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<p>Monday 15</p>	<p>Vegetable crispy Spring rolls with a sweet chilli dipping sauce</p>	<p>Teriyaki chicken noodle stir fry with cabbage, onion, carrots, spring onion (EC)</p> <p>Quorn noodle stir fry with cabbage, onion, carrots, spring onion (ecs)</p>	<p>Garden peas & roasted carrots</p> <p>Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils & chickpeas</p>	<p>Yoghurt with fruit coulis (L)</p> <p>Seasonal hand cut fruit salad</p>
<p>Tuesday 16</p>	<p>Local Spanish tomato, avocado & mozzarella with nut free pesto (L)</p>	<p>Marinated grilled pork with garlic, thyme mushroom, onion, celery, leek sauce on the side (L)</p> <p>Stuffed peppers with tomato, chickpeas & lentils (c)</p>	<p>Cauliflower with or without cheese (I) Rice Salad bar as above</p>	<p>Seasonal hand cut fruit salad</p>
<p>Wednesday 17</p>	<p>Mildly spiced carrot & coriander soup</p>	<p>Grilled turkey with garlic, lemon & parsley & alioli</p> <p>Stuffed aubergines with pulses & vegetables (I)</p>	<p>Moroccan cous cous with raisins & dried cranberries</p> <p>Roasted mediterranean vegetables Salad bar as above</p>	<p>Homemade cereal bar (G)</p> <p>Seasonal hand cut fruit salad</p>
<p>Thursday 18</p>	<p>Caesar salad with bacon & parmesan (on the side)</p>	<p>Pan-fried or grilled, garlic & parsley marinated rosada (FG)</p> <p>Pan-fried garlic & parsley marinated seitan (s)</p>	<p>Roast potatoes Broccoli Alioli Salad bar as above</p>	<p>Choice of yoghurt or jelly & Seasonal hand cut fresh fruit salad</p>
<p>Friday 19</p>	<p>Vegetable, chicken and sweetcorn soup (C)</p> <p>Vegetable noodle soup (c)</p>	<p>Homemade pizza with onions, garlic tomatoes (LG) CHOICE OF :- - Turkey with, seasonal veg - Hawaiian - pepperoni - Margarita - Mediterranean vegetables</p>	<p>Asian coleslaw (E) Garlic buttered corn On the cob (L) Salad bar as above</p>	<p>Sweet treat!</p> <p>Seasonal hand cut fruit salad</p>

Monday 22	Mediterranean 3 beans with chickpea, black and red beans with feta garlic & lemon	Buttered spaghetti served with fresh grated parmesan With a choice of.... Creamy carbonara sauce (GLE) Or Rich tomato & basil sauce (GE)	Fresh garden peas Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils and chickpeas & feta	Yoghurt with fruit coulis (L) Seasonal hand cut fruit salad
Tuesday 23	Anne of Green Gables' Veg Soup	World Book Day!  Percy Jackson and the crispy pork loin Tom Gates "Haloumi Excuses"	Rapunzel's roasted baby potatoes. Steamed broccoli by "The Witches" The Lorax salad bar	Cinderella's fresh fruit salad
Wednesday 24	 Crispy plantain with tomato salsa	Jamaican Day! Traditional Jamaican Jerk spiced chicken Traditional Jamaican Jerk spiced tofu	 Rice & peas Salad bar as above	Homemade cereal bar (G) Seasonal hand cut fruit salad
Thursday 25	Tortilla quesadillas with cheddar cheese & sour cream	Mixed jambalaya with chicken, chorizo & prawns (CM) Mixed vegetable jambalaya	Medley of fresh season steamed green vegetables Salad bar as above	Choice of yoghurt or jelly & Seasonal hand cut fresh fruit salad
Friday 26	Lightly spiced sweet potato & creamy coconut soup	Homemade healthy beef burgers with sana relish in a soft bun (GM) Vegetarian homemade healthy burgers with sana relish in a soft bun (GSMC)	Healthy wedges Sauteed onions Corn on the cob Salad bar as above	Sweet treat! Seasonal hand cut fruit salad



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<p>Monday 29</p>	<p>Traditional Spanish lentil soup with slow roasted carrots and onions</p>	<p>Roast loin of pork with apple cream sauce on the side (LC)</p> <p>Stuffed courgettes with seitan & ratatouille (SC)</p>	<p>Flavoured jasmine rice</p> <p>Steamed fresh green beans</p> <p>Salad bar salad bar with daily fresh green leaves, grated carrot, sliced spanish tomato, cucumber, olives, beetroot, lentils and pulses</p>	<p>Yoghurt with fruit coulis (L)</p> <p>Seasonal hand cut fruit salad</p>
<p>Tuesday 30</p>	<p>Ensalada Caesar Con crisp gem lettuce, fresh grated parmesan and healthy Sana Caesar dressing (LG)</p>	<p>Slow roasted ground beef meatballs with egg, basil, garlic oregano and a rich tomato sauce & fresh basil (C)</p> <p>Homemade falafel with a rich tomato sauce & fresh basil</p>	<p>Creamy mashed potato</p> <p>Steamed flavoured carrots</p> <p>Salad bar as above</p>	<p>Seasonal hand cut fruit salad</p>

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Available daily: Unlimited bread
& Chef's salad of the day

M	T	W	T	F
<p>08 Protein: 28g Fat: 19g Carbs: 91g Calories: 673</p>	<p>09 Protein: 31g Fat: 29g Carbs: 94g Calories: 740</p>	<p>10 Protein: 32g Fat: 30g Carbs: 101g Calories: 746</p>	<p>11 Protein: 37g Fat: 17g Carbs: 77g Calories: 616</p>	<p>12 Protein: 29g Fat: 23g Carbs: 98g Calories: 720</p>
<p>15 Protein: 36g Fat: 8g Carbs: 75g Calories: 574</p>	<p>16 Protein: 35g Fat: 29g Carbs: 62g Calories: 782</p>	<p>17 Protein: 37g Fat: 31g Carbs: 85g Calories: 792</p>	<p>18 Protein: 34g Fat: 33g Carbs: 72g Calories: 776</p>	<p>19 Protein: 29g Fat: 35g Carbs: 94g Calories: 793</p>
<p>22 Protein: 29g Fat: 21g Carbs: 117g Calories: 772</p>	<p>23 Protein: 38g Fat: 28g Carbs: 84g Calories: 670</p>	<p>24 Protein: 36g Fat: 41g Carbs: 123g Calories: 790</p>	<p>25 Protein: 30g Fat: 25g Carbs: 83g Calories: 694</p>	<p>26 Protein: 30g Fat: 22g Carbs: 101g Calories: 835</p>
<p>29 Protein: 32g Fat: 12g Carbs: 68g Calories: 567</p>	<p>30 Protein: 31g Fat: 21g Carbs: 91g Calories: 592</p>			

Nutritional Information

★Where there is gluten or lactose on the menu we ALWAYS offer options WITHOUT gluten or lactose

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