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|  | **Monday - Simple** | **Tuesday - World** | **Wednesday - Roast** | **Thursday – Traditional** | **Friday - Fish** |
| **Homemade Soup of the Day with Brown Bread** | Cream of Leek | Tomato and Basil | Sweet Potato and Carrot | Roasted Pepper and Basil | Summer Vegetables |
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| **Main Meal** | English Breakfast  Bacon and Sausages | Asian Chicken Bao Buns | English Beef | Quiche | Thai Salmon |
| **Vegetarian Meal** | Low Sugar, Low Salt Baked Beans | Stuffed Peppers | Quorn Fillet in Vegetable Gravy | Vegetable Kiev | Quorn Chilli |
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| **Starchy Foods** | Jacket Potato  Mashed Potato | Jacket Potato  Hirata Buns | Jacket Potato  Roasted Potatoes | Jacket Potato  New Potatoes  Whole-Wheat Pasta  Pesto, Rustic Tomato & Cheese Sauces | Jacket Potato  Thai Rice |
| **Vegetables** | Fresh Tomatoes and Mushrooms | Asian Cabbage Slaw | Local Seasonal Vegetables | Sweet Corn | Pak Choi |
| **Salads** | Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn | Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn | Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn | Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn | Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn |
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| **Main Dessert** | Peach and Apple Crumble | Traditional Rice Pudding | Fruit Cheese Cake | Homemade Pancakes  with Raspberries and Bananas | Cherry Flap Jack |
| **Cold Dessert** | Fresh Fruit  Low Fat Yoghurts | Fresh Fruit  Low Fat Yoghurts | Fresh Fruit  Low Fat Yoghurts | Fresh Fruit  Low Fat Yoghurts | Fresh Fruit  Low Fat Yoghurts |
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