

MONDAY

MAIN MEALS

Beef Meatballs in Tomato Sauce

Red Tractor beef meatballs made with our own blend of herbs and seasonings, cooked in a homemade tomato sauce

Cheese and Potato Pie

Creamy mashed potatoes and sautéed onions baked with cheese

Jacket Potato with various fillings
Wraps tuna/cheese/ham

SIDES

Pasta
Broccoli and Sweetcorn

DESSERT

Fruit Flapjack

TUESDAY

MAIN MEALS

Ham and Potato Pie

Red Tractor Ham baked with potatoes and *seasonal* vegetables

Curried Rice

Chick peas and *seasonal* vegetables cooked with mild curry spices and layered with rice

Jacket Potato with various fillings
Wraps tuna/cheese/ham

SIDES

New Potatoes
Mixed Vegetables

DESSERT

Fruit Jelly with Ice Cream

WEDNESDAY

MAIN MEALS

Beef Curry

Organic beef cooked with *seasonal* vegetables in a mild curry sauce

Spring Vegetable Lasagne

Lentils and *seasonal* vegetables cooked in a homemade tomato sauce layered between lasagne sheets and topped with cheese, served with crusty bread

Jacket Potato with various fillings
Wraps tuna/cheese/ham

SIDES

Rice
Green Beans and Sweetcorn

DESSERT

Peach Pancake

THURSDAY

MAIN MEALS

Roast Chicken with Gravy

Tender slices of *Red Tractor* roast chicken served with gravy

Stuffed Peppers

Mixed peppers stuffed with *seasonal* vegetables and topped with savoury bread crumbs and baked until golden

Jacket Potato with various fillings
Wraps tuna/cheese/ham

SIDES

Roast Potatoes
Carrots and Spring Cabbage

DESSERT

Oatmeal and Raisin Cookie

FRIDAY

MAIN MEALS

Fish Fingers with Ketchup

Sustainably sourced fish fingers served with homemade tomato ketchup

Veggie Wrap

Mixed beans, peppers and tomatoes wrapped inside a flour tortilla

Jacket Potato with various fillings
Wraps tuna/cheese/ham

SIDES

Chips
Baked Beans and Peas

DESSERT

Chocolate Cake

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day. Allergy information available on request.

Week Two

MONDAY

MAIN MEALS

Tomato Pasta Bake

Lentils and *seasonal* vegetables cooked in a homemade tomato sauce and baked with pasta twists and cheddar cheese

Chick Pea Curry

Chick peas and *seasonal* vegetables cooked in a mild coconut curry sauce and served with rice

Jacket Potato with various fillings
Wraps tuna/cheese/ham

SIDES

Green Beans and Carrots

DESSERT

Carrot Cake

TUESDAY

MAIN MEALS

Mexican Chicken Nacho Bake

Red Tractor diced chicken and *seasonal* vegetables cooked in a Mexican tomato sauce and topped with crispy corn tortillas and cheese

Potato and Leek Gratin

Potatoes and leeks layered in a casserole and covered in a homemade cream sauce

Jacket Potato with various fillings
Wraps tuna/cheese/ham

SIDES

Rice
Sweetcorn and Peas

DESSERT

Strawberry Mousse

WEDNESDAY

MAIN MEALS

Beef Lasagne

Organic minced beef and *seasonal* vegetables cooked homemade tomato sauce, layered with lasagne sheets and topped with a creamy white sauce

Shepherdess Pie with Sweet Potato Mash

Lentils and *seasonal* vegetables cooked in a rich gravy and topped with a creamy sweet potato mash

Jacket Potato with various fillings
Wraps tuna/cheese/ham

SIDES

Crusty Bread
Broccoli and Cauliflower

DESSERT

Pineapple Cake with Ice Cream

THURSDAY

MAIN MEALS

Roast Beef with Gravy and Yorkshire Pudding

Tender slices of *Red Tractor* roast beef served with gravy and Yorkshire Pudding

Veggie Noodle Stir Fry

Quorn pieces and *seasonal* vegetables stir fried in a homemade oriental sauce and tossed with noodles

Jacket Potato with various fillings
Wraps tuna/cheese/ham

SIDES

New Potatoes
Carrots and Cabbage

DESSERT

Fresh Fruit Salad with Yoghurt

FRIDAY

MAIN MEALS

Cheese and Tomato Pizza

Wholemeal pizza bases topped with homemade tomato sauce and cheese

Salmon and Broccoli Quiche

Sustainable salmon and broccoli baked with *organic* eggs in a homemade pastry crust

Jacket Potato with various fillings
Wraps tuna/cheese/ham

SIDES

Chips
Peas and Baked Beans

DESSERT

Fruit Shortbread

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day. Allergy information available on request.

Week Three

MONDAY

MAIN MEALS

Chicken and Bacon Pasta

Red Tractor diced chicken and bacon cooked in a creamy white sauce and baked with pasta

Veggie Paella

Quorn pieces and *seasonal* vegetables cooked with paprika seasoned rice

Jacket Potato with various fillings
Wraps tuna/cheese/ham

SIDES

Pasta

Broccoli and Sweetcorn

DESSERT

Strawberry Cake

TUESDAY

MAIN MEALS

Pork Sausages

Red Tractor pork sausages made with our own blend of herbs and spices and served with onion gravy

Veggie Sausage Rolls

Quorn sausages wrapped in a flaky puff pastry and served with onion gravy

Jacket Potato with various fillings
Wraps tuna/cheese/ham

SIDES

Mashed Potatoes

Carrots and Cauliflower

DESSERT

Coconut and Pineapple Flapjack

WEDNESDAY

MAIN MEALS

Warm Beef and Rice Wrap

Organic minced beef and *seasonal* vegetables cooked in a tomato sauce, served with rice and a flour tortilla

Spring Frittata

Spring vegetables baked with *organic* eggs

Jacket Potato with various fillings
Wraps tuna/cheese/ham

SIDES

Wedges

Sweetcorn and Coleslaw

DESSERT

Apple and Banana Crisp with Custard

THURSDAY

MAIN MEALS

Roast Chicken with Gravy

Tender slices of *Red Tractor* roast Chicken served with gravy

Broccoli and Cauliflower Cheese

Broccoli and Cauliflower baked in a homemade cheddar cheese sauce

Jacket Potato with various fillings
Wraps tuna/cheese/ham

SIDES

New Potatoes


Leeks and Carrots

DESSERT

Melon Platter

FRIDAY

MAIN MEALS

Breaded Fish 

Sustainably sourced breaded whitefish, oven baked and served with homemade tomato ketchup

Veggie Carbonara

White beans and leeks cooked in a creamy white sauce and served with pasta

Jacket Potato with various fillings
Wraps tuna/cheese/ham

SIDES

Chips

Peas and Baked Beans

DESSERT

Sticky Slice with Ice Cream

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day. Allergy information available on request.

Week Four

MONDAY

MAIN MEALS

Cheese and Bean Melt

Baked beans and cheddar cheese baked in a flaky puffed pastry

Macaroni Cheese

Pasta tubes cooked in a homemade cheddar cheese sauce

Jacket Potato with various fillings

Wraps tuna/cheese/ham

SIDES

Half Jacket Potato

Chunky Mixed Vegetables

DESSERT

Key Lime Cookie

TUESDAY

MAIN MEALS

Italian Chicken Casserole

Red Tractor diced chicken and *seasonal* vegetables cooked in Mediterranean tomato sauce

Roasted Vegetable and Chick Pea Cous Cous

Chick peas and *seasonal* vegetables roasted with tomatoes and served with cous cous

Jacket Potato with various fillings

Wraps tuna/cheese/ham

SIDES

Rice

Broccoli and Carrots

DESSERT

Banoffee Pot

WEDNESDAY

MAIN MEALS

Beef Burger

Red Tractor beef burgers made with our own blend of herbs and spices served with a floured bap and ketchup

Veggie Nuggets

Mixed vegetables breaded and served with ketchup

Jacket Potato with various fillings

Wraps tuna/cheese/ham

SIDES

Wedges

Sweetcorn and Baked Beans

DESSERT

Fruit Crumble with Custard

THURSDAY

MAIN MEALS

Roast Gammon with Gravy

Tender slices of *Red Tractor* roast gammon served with gravy

Veggie Cowboy Casserole

Quorn sausages cooked with baked beans

Jacket Potato with various fillings

Wraps tuna/cheese/ham

SIDES

Mashed Potatoes

Carrots and Parsnips

DESSERT

Chocolate Orange Cake

FRIDAY

MAIN MEALS

Salmon Crumble

Sustainably sourced salmon and white fish cooked in a homemade white sauce and topped with a savoury crumble topping

Margherita Pizza

Wholemeal pizza bases topped with homemade tomato sauce and cheese

Jacket Potato with various fillings

Wraps tuna/cheese/ham

SIDES

Chips

Sweetcorn and Peas

DESSERT

Lemon Drizzle Cake

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day. Allergy information available on request.