












# WEEK ONE

**WHITMORE PARK:** Week Commencing: 8th May 2017/ 5th June / 26th June /17th Jul / 11th September / 2nd October /30th October.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Roast Pork Diced potatoes Green Beans and Sliced Carrots with Gravy	 Spaghetti Bolognaise (made with Organic Minced Beef ) Served with Garlic Bread Peas and Sweetcorn	 Roast Turkey Creamed Potatoes Broccoli and Cauliflower with Gravy	Lemon Salmon Fillet with New Potatoes Mixed Vegetables	Cheese & Tomato Pizza Chips Peas and Baked Beans
Fish Cake Potato Smiles Green Beans and Sliced Carrots	Fish Fingers Diced Potato Peas and Sweetcorn	Sausage Roll (Pork or Vegetarian) Creamed Potatoes Broccoli and Cauliflower	 Pork Meat Balls in Gravy New Potatoes Mixed Vegetables	 Tomato and Basil Pasta Bake with Peas and Seasonal Salad
 Macaroni Cheese Diced potatoes Green Beans and Sliced Carrots or Mixed Salad and Coleslaw	Quorn Fillet Diced Potatoes Peas and Sweetcorn	Country Bake Creamed Potatoes Broccoli and Cauliflower with Gravy	 Filled Jacket Potato with Cheese and Baked Beans	Plain Omelette Chips Peas and Baked Beans
Ice Cream Tub Milk shake	 Banana / Fruit Muffin  Milk Shake	 Apple Eve Sponge with Custard	 Chocolate Shortbread with Vanilla Sauce	 Iced Sponge or Fresh Fruit Salad  Milk Shake

## ALTERNATIVES AVAILABLE DAILY

Seasonal Fruit Platter & Yeo Valley Organic Fruit Yoghurt.  
A Seasonal Salad Bar is available to choose from daily.  
Ketchup available with selected dishes. Drinking water.

 Denotes freshly prepared dishes.




Menus may change to meet customers' preferences, a promotional event, and seasonal variation.  
A range of locally sourced products are used when available and all our seafood is MSC certified.  
Allergies – please contact your school cook for more information about the content of menu items.



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# WEEK TWO

WHITMORE PARK:: Week Commencing: 15th May 2017 / 12th June / 3rd July / 24th July / 18th September / 9th October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Bacon Steak with Pineapple ½ Jacket Potato Baked Beans and Peas	 Roast Chicken Breast with Sage & Onion Stuffing Herby Diced Potatoes Carrots and Broccoli	 Roast Beef with Yorkshire Pudding Creamed Potatoes with Cabbage and Carrots Gravy	 Pork Sausage New Potatoes Baked Beans and Peas	Cheese & Tomato Pizza with Chips Peas and Sweetcorn
Southern Style Chicken Goujons ½ Jacket Potato Baked Beans and Peas	 Beef Lasagne Garlic Bread Carrots and Broccoli	Seaside Style Fish Creamed Potatoes Cabbage and Carrots	 Cheesy Jacket Potato with Baked Beans or Seasonal Salad	Fish Cake served with Chips Peas and Sweetcorn
Veggie Sausage ½ Jacket potato with Baked Beans and Peas	 Vegetable Lasagne Garlic Bread Carrots and Broccoli	Quorn Tikka Pasty Creamed Potatoes Cabbage and Carrots with Gravy	 Quorn Dippers in a Tortilla Wrap served with Couscous and Seasonal Mixed Salad	Vegetarian Sausage served with Chips Peas and Sweetcorn
 Apple Crumble with Custard Sauce Or Frozen Yoghurt	 Carrot Cake with Custard Sauce or Jelly with Fruit	 Apple Flapjack with Custard Sauce	 Ginger Biscuits or Fruit Mousse ** Milk shake	 Chocolate Oatcake or Seasonal Fresh Fruit Salad ** Milk Shake

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# WEEK THREE

WHITMORE PARK: Week Commencing: 1st May 2017 / 22nd May / 19th June / 10th July / 4th September / 25th September / 16th October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Beef Bolognese made with Organic Beef served with Long Spaghetti Carrots and Peas	 Chicken Curry with Rice and Naan Bread Sweetcorn and Green Beans	 Roast Pork with Apple Sauce Creamed Potatoes, Broccoli and Sliced Carrots with Gravy	 Pork Sausages Diced Potatoes Peas and Sweetcorn With Gravy	Cheese & Tomato Pizza Potato Wedges with Baked Beans or Seasonal Mixed Salad and Coleslaw
 Chicken Breast Diced potatoes Carrots and Peas with Gravy	Seaside Style Fish Creamed Potatoes Sweetcorn and Green Beans	 Macaroni Cheese Broccoli and Sliced Carrots	 Chicken Pasta Bake Diced Potatoes Peas and Sweetcorn	Fish Fingers Potato Wedges with Baked Beans or Seasonal Mixed Salad and Coleslaw
Cheese and Onion Pasty Diced Potatoes Carrots and Peas	 Beef / Quorn Burger Creamed Potatoes Sweetcorn and Green Beans	Country Bake Creamed Potatoes Broccoli and Sliced Carrots with Gravy	 Vegetarian Sausages Diced Potatoes Peas and Sweetcorn With Gravy	Quorn Tikka Pasty Potato Wedges with Baked Beans or Seasonal Mixed Salad and Coleslaw
Iced Fruit Smoothie	 Crunchy Cookies Or Ice Cream Sponge Roll	 Chocolate & Pear Sponge with Vanilla Sauce or Seasonal Fresh Fruit Salad	 Lancashire Biscuits ** Milk shake	 Pineapple Sponge Pudding With Custard Sauce

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