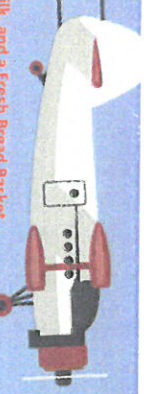


Find out more about Saffron, Iris, Reece and Doug, our NUTRIGANG at www.educaterers.co.uk

Weekly Menu

Every day we offer: Fruit Juice, Cordial, Organic Semi Skimmed Milk, and a Fresh Bread Basket. Ketchup is offered with selected dishes.



All Choice + Cold

Week one

Week Commencing: 14/5, 11/6, 2/7, 3/9, 24/9, 15/10

MONDAY
Main meal...
British Pork Sausages with Gravy and Creamy Mashed Potatoes
(v) Fusilli Pasta with a Rich Tomato Sauce, Fresh Baked Bread
(v) Filled Jacket Potato Choice
(v) Cheddar Cheese Soft Bap Meal

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v) Strawberry/Swirl Mousse
(v) Organic Yoghurt or Fresh Fruit

TUESDAY
Main meal...
Chinese Style Turkey Meatballs with Egg Noodles
(v/h) Homemade Cheese and Potato Pie
(v) Filled Jacket Potato Choice
British Roast Chicken Wrap

On the side...
Fresh Salad Bar
Vegetables of the Day or Baked Beans
For dessert...
(v/h) Saffron's Citrus Sponge with Mandarin Oranges
(v) Organic Yoghurt or Fresh Fruit

WEDNESDAY
Main meal...
British Roast Pork Joint or Loiri with Apple Sauce and Gravy with Roast Potatoes
(v/h) Saffron's Vegetable and Lentil Korma, Wholegrain Rice
(v) Filled Jacket Potato Choice
Sliced Ham Soft Bap

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v) Saffron's Homemade Cookie
(v) Organic Yoghurt or Fresh Fruit

THURSDAY
Main meal...
Homemade Chicken Pie, Gravy and Mashed Potatoes or Wedges
(v) Veggie Toad in the Hole, Gravy and Mashed Potatoes or Wedges
(v) Filled Jacket Potato Choice
Sliced Turkey Sandwich

On the side...
Fresh Salad Bar
Reece's Super Greens (mixed green/veg)es)
Fresh Carrots
For dessert...
(v/h) Orchard Fruits Cumble, Custard
(v) Organic Yoghurt or Fresh Fruit

FRIDAY
Main meal...
Fillet with Chipped Potatoes
(v) Doug's Favourite Organic 3 Bean Chili with Rice
(v) Filled Jacket Potato Choice
(v) Egg Mayo and Cress Soft Bap

On the side...
Fresh Salad Bar
Peas or Baked Beans
For dessert...
(v/h) Homemade Chocolate Crackle
(v) Organic Yoghurt or Fresh Fruit

Week two

Week Commencing: 21/5, 18/6, 9/7, 10/9, 1/10, 22/10

MONDAY
Main meal...
Doug's Organic Pork Meatballs, Rich Tomato Sauce and Pasta
(v/h) Doug's Farmhouse Omelette with Fresh Baked Bread
(v) Filled Jacket Potato Choice
British Roast Chicken Soft Bap

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v) Cheddar Cheese, Crackers and Apple Wedge
(v) Ice Cream Tub or Fresh Fruit

TUESDAY
Main meal...
Red Tractor Mild Chicken Korma, Wholegrain Rice
(v) Linda McCarthey Veggie Sausages, Crispy Diced Potatoes
(v) Filled Jacket Potato Choice
Sliced Ham Sandwich

On the side...
Fresh Salad Bar
Vegetables of the Day/Baked Beans
For dessert...
(v/h) Iris's Homemade Very Berry Muffin
(v) Organic Yoghurt or Fresh Fruit

WEDNESDAY
Main meal...
British Roast Beef with Yorkshire Pudding, Gravy & Roast Potatoes
(v/h) Chinese Style Quorn "Meatballs" with Egg Noodles
(v) Filled Jacket Potato Choice
(v) Cheddar Cheese Wrap

On the side...
Fresh Salad Bar
Reece's Super Greens (mixed green/veg)es)
Vegetables of the Day
For dessert...
(v/h) Iris's Superfood Granola Bar or Jelly and Peaches
(v) Organic Yoghurt or Fresh Fruit

THURSDAY
Main meal...
(h) Cheesy Barbecue Bacon Pasta with Potato Wedges
(v) Margherita Piza Slice with Potato Wedges
(v) Filled Jacket Potato Choice
Sliced Turkey Soft Bap

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v/h) Homemade Syrup Sponge & Custard
(v) Organic Yoghurt or Fresh Fruit

FRIDAY
Main meal...
* (m)sc Harry Ramsden's Seaside Fish Fillet, Cress-Cross Potatoes
(v/h) Saffron's Homemade Roasted Vegetable Quiche, Cress-Cross Potatoes
(v) Filled Jacket Potato Choice
Tuna Mayo/maise Soft Bap

On the side...
Fresh Salad Bar
Peas or Baked Beans
For dessert...
(v/h) Doug's Homemade Chocolate Flapjack
(v) Organic Yoghurt or Fresh Fruit

Week three

Week Commencing: 4/6, 25/6, 16/7, 17/9, 8/10, 5/11

MONDAY
Main meal...
Organic Beef Grill in a High Fibre Bun, Crispy Diced Potatoes
(v/h) Vegetable Risotto Bake with Fresh Baked Bread
(v) Filled Jacket Potato Choice
(v) Cheddar Cheese Soft Bap

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

TUESDAY
Main meal...
The Nuttrigang's Tasty Brunch
Lunch (barcon medallion, pork sausage and baked beans served with fresh baked bread)
(v/h) Cheesy Pasta Bake with Fresh Baked Bread
(v) Filled Jacket Potato Choice
British Roast Chicken Wrap

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v/h) Eve's Pudding with Custard
(v) Organic Yoghurt or Fresh Fruit

WEDNESDAY
Main meal...
Roast Chicken Fillet or Joint with Gravy and Roast Potatoes
(v/h) Vegetarian Chili (made with Linda McCarthey veggie mince) with Rice
(v) Filled Jacket Potato Choice
Sliced Ham Soft Bap

On the side...
Fresh Salad Bar
Reece's Super Greens (mixed green/veg)es)
Vegetables of the Day
For dessert...
(v/h) Homemade Shortbread
(v) Organic Yoghurt or Fresh Fruit

THURSDAY
Main meal...
(h) Spaghetti Bolognaise made with Organic Minced Beef, Fresh Baked Bread
(v/h) Homemade Rustic Cheese & Tomato Piza, Potato Wedges
(v) Filled Jacket Potato Choice
Tuna Mayo/maise Sandwich

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
Strawberry Mousse with Jelly and Fruit
(v) Organic Yoghurt or Fresh Fruit

FRIDAY
Main meal...
Fingers with Chipped Potatoes
(v) Veggie Hot Dog with Chipped Potatoes
(v) Filled Jacket Potato Choice
(v) Egg Mayo and Cress Soft Bap

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v/h) Up Beet Chocolate Cake
(v) Organic Yoghurt or Fresh Fruit

