Week one

£2.20

Monday

Choose a main meal...
Macaroni Cheese 'v'
Mild Potato and Chickpea Curry with Rice 'v'
Jacket Potato with Baked Beans 'v'

on the side...
Sweetcorn, Peas
Mixed Salad

for dessert...
Flapjack with Fruit Slices
Fresh Fruit

Tuesday

Choose a main meal...
Chicken in a Bun with Jacket Wedges
Creamy Broccoli and Sweetcorn Pasta 'v'
Jacket Potato with Tuna

on the side...
Roasted Vegetables
Carrots, Mixed Salad

for dessert...
Pear and Ginger Crumble with Custard
Fresh Fruit

Wednesday

Choose a main meal...
Roast Turkey, Roast Potatoes and Gravy
Sweet Potato and Chickpea Roast, Roast Potatoes and Gravy 'v'
Jacket Potato with Cheesy Coleslaw 'v'

on the side...
Green Beans
Carrots, Mixed Salad

for dessert...
Chocolate Ice Cream with Fruit
Fresh Fruit

Thursday

Choose a main meal...
Beef Pasta Bolognaise
Vegetable and Cheese Crumble with New Potatoes 'v'
Jacket Potato with Baked Beans 'v'

on the side...
Carrots, Broccoli
Mixed Salad

for dessert...
Brownie Cake with Fruit Slices
Fresh Fruit

Friday

Choose a main meal...
Fish & Chips
Veggie Hotdog with Chips 'v'
Jacket Potato with Cheese 'v'

on the side...
Baked Beans, Coleslaw
Mixed Salad

for dessert...
Lemon Shortbread
Fresh Fruit

Week two

Monday

Choose a main meal...
Cheese and Tomato Pizza with Pasta Salad 'v'
Vegetable Biryani 'v'
Jacket Potato with Baked Beans 'v'

on the side...
Sweetcorn
Broccoli, Mixed Salad

for dessert...
Vanilla Ice Cream with Fruit
Fresh Fruit

Tuesday

Choose a main meal...
Chicken Sausages, Mashed Potato and Gravy
Vegetarian Sausages, Mashed Potato and Gravy 'v'
Jacket Potato with Tuna

on the side...
Baked Beans, Peas
Mixed Salad

for dessert...
Orange Sponge Cake
Fresh Fruit

Wednesday

Choose a main meal...
Roast Chicken, Roast Potatoes and Gravy
Cheesy Bake with Roast Potatoes 'v'
Jacket Potato with Baked Beans and cheese 'v'

on the side...
Cabbage, Carrots
Mixed Salad

for dessert...
Oatie Biscuit with Fruit Slices
Fresh Fruit

Thursday

Choose a main meal...
Beef Lasagne with Garlic Bread
Vegetarian Casserole with Rice 'v'
Jacket Potato with Baked Beans 'v'

on the side...
Green Beans, Cauliflower
Mixed Salad

for dessert...
Apple and Berry Crumble with Custard
Fresh Fruit

Friday

Choose a main meal...
Fish Fingers and Chips
Mediterranean Tart with Chips 'v'
Jacket Potato with Cheese 'v'

on the side...
Peas, Baked Beans
Mixed Salad

for dessert...
Blueberry Fro Yo
Fresh Fruit

Week three

Monday

Choose a main meal...
Cheese and Tomato Pizza with Jacket Wedges 'v'
Tomato and Vegetable Savoury Rice 'v'
Jacket Potato with Baked Beans 'v'

on the side...
Roasted Vegetables
Peas, Mixed Salad

for dessert...
Strawberry Ice Cream
Fresh Fruit

Tuesday

Choose a main meal...
Chicken and Broccoli Pie, Mashed Potato and Gravy
Tomato and Basil Pasta 'v'
Jacket Potato with Tuna

on the side...
Carrots, Green Beans
Mixed Salad

for dessert...
Raspberry Ripple Cake
Fresh Fruit

Wednesday

Choose a main meal...
Roast Turkey, Roast Potatoes and Gravy
Quorn Roast, Roast Potatoes and Gravy 'v'
Jacket Potato with Cheesy Coleslaw 'v'

on the side...
Carrot and Swede Mash
Cabbage, Mixed Salad

for dessert...
Fruit Jelly with Ice cream
Fresh Fruit

Thursday

Choose a main meal...
Beef Burger in a Bun with Jacket Wedges
Vegetable Korma with Rice 'v'
Jacket Potato with Baked Beans 'v'

on the side...
Broccoli, Sweetcorn
Mixed Salad

for dessert...
Pineapple Upside Down Cake with Custard
Fresh Fruit

Friday

Choose a main meal...
Salmon or Cod Fish Fingers with Chips
Baked Bean and Cheese Quesadilla with Chips 'v'
Jacket Potato with Cheese 'v'

on the side...
Peas, Coleslaw
Mixed Salad

for dessert...
Shortbread Finger with Fruit Slices
Fresh Fruit

All our milk is Red Tractor approved

WE BUY **95%** of our seasonal vegetables direct from British growers

FRESH SALAD IS AVAILABLE ON A DAILY BASIS

REDUCING OUR **CARBON FOOTPRINT** OVER **30%** of our products are transported by vehicles that run on biodiesel

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We offer fresh fruit, salad, fresh bread and chilled water daily.

For information on our current vacancies please contact our Reading office on 0118 963 7435

V = suitable for a Vegetarian diet

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WE SUPPORT **82** BRITISH DAIRY FARMS

We only use Lion Quality British Eggs

FARM TO FORK
We can trace every cut of meat back to the farms of origin

ALL OUR BREAD IS FRESHLY BAKED EVERY DAY

All our bananas are FAIRTRADE