

Week one

16/04 07/05 04/06 25/06 16/07 03/09 24/09 15/10

Choose a main meal...
Sausages in Gravy & Mashed Potato
on the side...
Peas or Salad
Butternut Squash & Chickpea Curry v
for dessert...
Cheese & Biscuits or Fruit Salad
Jacket Potato with Filling

Choose a main meal...
Macaroni Cheese v
Chicken Korra & Rice
Jacket Potato with Filling
on the side...
Rainbow Vegetables or Salad
for dessert...
Fruit Yoghurt with Melon Slices or Fruit Salad

Choose a main meal...
Roast Chicken in Gravy with Roast Potatoes
on the side...
Spring Vegetables
Veggie Sausage in Gravy & Roast Potatoes v
for dessert...
Fruit Yoghurt & Granola or Fruit Salad
Jacket Potato with Filling

Choose a main meal...
Cheese & Tomato Pizza v
Beef Pasta Bolognese
Jacket Potato with Filling
on the side...
Sweetcorn & Peas or Salad
for dessert...
Apple Cake & Custard or Fruit Salad

Choose a main meal...
Fish & Chips
Veggie Burger in a Bun & Chips v
Jacket Potato with Filling
on the side...
Baked Beans or Salad
for dessert...
Apricot Shortbread or Fruit Salad

Week two

23/04 14/05 11/06 02/07 23/07 10/09 01/10

Choose a main meal...
Cheese & Tomato Pasta v
Salmon Paella
Jacket Potato with Filling
on the side...
Sliced Carrots or Salad
for dessert...
Fruit Yoghurt with Apple & Orange Slices or Fruit Salad

Choose a main meal...
BBQ Chicken & Rice
Shepherdess Pie v
Jacket Potato with Filling
on the side...
Peas & Sweetcorn or Salad
for dessert...
Lemon Drizzle Cake or Fruit Salad

Choose a main meal...
Roast Sliced Ham in Gravy with Roast Potatoes
Cauliflower & Sweetcorn Bake with Roast Potatoes v
Jacket Potato with Filling
on the side...
Spring Vegetables
for dessert...
Fruit Yoghurt with Melon Slices or Fruit Salad

Choose a main meal...
Chicken Fillet Burger in a Bun with Lettuce & Mayo
Veggie Bean & Sausage Casserole with Diced Potatoes v
Jacket Potato with Filling
on the side...
Rainbow Vegetables or Salad & Coleslaw
for dessert...
Chocolate Muffin or Fruit Salad

Choose a main meal...
Fish & Chips
Free Range Omelette & Chips v
Jacket Potato with Filling
on the side...
Baked Beans or Salad
for dessert...
Fruit Yoghurt & Granola or Fruit Salad

Week three

30/04 21/05 18/06 09/07 17/09 08/10

Choose a main meal...
Macaroni Cheese v
Mild Bean Chilli & Rice v
Jacket Potato with Filling
on the side...
Slice Carrots & Salad
for dessert...
Raspberry Sponge & Custard or Fruit Salad

Choose a main meal...
GREAT BRITISH BRUNCH
Chipolata's, Potato, Omelette & Baked Beans
Veggie Grill, Potato, Omelette & Baked Beans v
Jacket Potato with Filling
on the side...
Spring Vegetables
for dessert...
Fruit Yoghurt & Granola or Fruit Salad
Jacket Potato with Filling

Choose a main meal...
Roast Chicken in Gravy with Roast Potatoes
Veggie Sausage in Gravy & Roast Potatoes v
Jacket Potato with Filling
on the side...
Spring Vegetables
for dessert...
Fruit Yoghurt & Granola or Fruit Salad

Choose a main meal...
Chicken Tikka Masala & Rice
Veggie Pasta Bolognese v
Jacket Potato with Filling
on the side...
Rainbow Vegetables
for dessert...
Cheese & Biscuits or Fruit Salad

Choose a main meal...
Fish & Chips
Quorn Hotdog in a Bun with Chips v
Jacket Potato with Filling
on the side...
Peas or Salad
for dessert...
Fruit Yoghurt with Melon Slices or Fruit Salad

Our chicken and milk are Red Tractor approved



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



ALL OUR BEEF is from THE UK OR IRELAND

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

FAIRTRADE All our bananas are FAIRTRADE



We only use Lion Quality British Eggs



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

Bloomer Bread Available EVERY DAY

WE SUPPORT 82 BRITISH DAIRY FARMS



Chilled water, milk, salad and bread are available daily. All paid meals to be ordered one full week in advance of the entire week they are required, either online by midnight Sunday or via telephone by 3pm Friday. Terms and Conditions apply. Please see our website or contact us for more information. Menu is subject to availability.

West Sussex County Council
eat right stay bright
EAT LESS SUGAR
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