












Summer Menu

Week 1

WC 21/04/25, 12/05/25,
09/06/25, 30/06/25

This menu is packed with
extra goodness because we

Season EVERYTHING!

	mon	TUES	WED	THU	FRI
Mighty Mains:	Mild Chicken Balti with Peppers & Spinach, Chutney, Raita & Pickles (Mk) 	Beef Lasagne with a Cheesy Crust (G, E, Mk)	Roast Chicken with Apricot & Thyme Stuffing & Chicken Gravy (Su, G)	Turkey & Leek Pie with a Puff Pastry Topping (G, Mk)	Battered Fish, Chunky Tartare Sauce & Lemon Wedges (G, F, E)
Prep 					
Senior 	Mild Chicken Balti with Peppers & Spinach, Chutney, Raita & Pickles (Mk) 	Beef Lasagne with a Cheesy Crust (G, E, Mk)	Roast Chicken with Apricot & Thyme Stuffing & Chicken Gravy (Su, G)	Turkey & Leek Pie with a Puff Pastry Topping (G, Mk)	Battered Fish, Chunky Tartare Sauce & Lemon Wedges (G, F, E)
Veggie 	Vegetable & Potato Samosa Chaat (G) with Mango Chutney, Raita (Mk) & Pickles	Mushroom & Lentil Lasagne, Served with Green Pesto (G, E, Mk)	Chimichurri Cauliflower Steak (Su, G)	Summer Vegetable & White Bean Stew (G, So) 	Seasonal Summer Hero "Garden Peas" – Garden Pea & Halloumi Fritters with Herby Yoghurt Sauce (G, E, Mk, So)
Veg 	Roasted Vegetables Steamed Broccoli	Steamed Sweetcorn Chef's Mixed Summer Salad	Parsley Carrots Sautéed Spring Greens	Roasted Cauliflower Steamed Green Beans	Minted Garden Peas Baked Beans
Carbs 	Braised Basmati Rice	Accent Focaccia (G)	Skin on Roast Potatoes	Mashed Potato	Baked Oven Chips
Puddings 	Selection of Fresh Fruit	Dorset Apple Cake (G, E, Mk)	Selection of Fresh Fruit	Selection of Fresh Fruit	Goody Chocolate Brownie (G, E, Mk)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.



Find Sophie's Star to enjoy
the dish specially chosen
by our nutritionist!

ALLERGENS

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals
containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide



Summer Menu

Week 2

WC 28/04/25, 19/05/25,
16/06/25, 07/07/25

This menu is packed with
extra goodness because we

Season EVERYTHING!

	MON	TUES	WED	THU	FRI
Mighty Mains:	Korean Inspired BBQ Spiced Turkey Tacos, Pickled Cucumber, Crispy Red Cabbage & Carrot Slaw (G, Ce, So, Su) ★	Herby Pork & Beef Meatballs in a Rich Tomato & Basil Sauce Served with Spaghetti (G, Ce)	Roast Crackling Pork with Herby Stuffing & Gravy (G)	Beef Chilli Con Carne, Smashed Avocado, Sour Cream, Salsa & Tortilla Chips (G, Mk, Mu)	Pizza Day A variety of Pizzas, Flat Bread Pizzas & Calzones (G, Mk)
Prep					
Senior	Korean Inspired BBQ Spiced Turkey Tacos, Pickled Cucumber, Crispy Red Cabbage & Carrot Slaw (G, Ce, So, Su) ★	Herby Pork & Beef Meatballs in a Rich Tomato & Basil Sauce Served with Spaghetti (G, Ce)	Roast Crackling Pork with Herby Stuffing & Gravy (G)	Beef Chilli Con Carne, Smashed Avocado, Sour Cream, Salsa & Tortilla Chips (G, Mk, Mu)	Pizza Day A variety of Pizzas, Flat Bread Pizzas & Calzones (G, Mk)
Veggie	Seasonal Summer Hero "Leaf Spinach" Spinach & Feta Cheese Spanakopita Filo Pie (G, E, Mk)	Ratatouille Vegetable & Penne Pasta Bake with Basil (G, Mk) ★	Roast Pepper, Cheddar & Courgette Wholemeal Quiche (G, E, Mk, Mu)	Buffalo Bean Chilli ★ Smashed Avocado, Sour Cream, Salsa & Tortilla Chips (G, Mk, Mu)	Pizza Day A variety of Pizzas, Flat Bread Pizzas & Calzones (G, Mk)
Veg	Sweetcorn Ribs Smashed Minted Peas	Steamed Broccoli Roasted Leeks	Steamed Cauliflower Honey Roasted Carrots	Roast Peppers & Corn Green Beans	Baked Beans
Carbs	Mexican Tomato Rice	Garlic Focaccia (G)	Skin on Roast Potatoes	Steamed Rice	Baked Chips
Puddings	Selection of Fresh Fruit	Carrot Cake Cookie (G, E, Mk)	Selection of Fresh Fruit	Selection of Fresh Fruit	Summer Fruit Strudel with Ice Cream (G, Mk)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.



Find Sophie's Star to enjoy
the dish specially chosen
by our nutritionist!

ALLERGENS

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals
containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide



Summer Menu

Week 3

WC 05/05/25, 02/06/25,
23/06/25

This menu is packed with
extra goodness because we

Season EVERYTHING!

Mighty Mains:

Prep

mon	TUES	WED	THU	FRI
Beef Bolognese with Basil & Parmesan (Mk)	Tandoori Chicken with Mint & Cucumber Raita (Ce, Mk, So)	Butchers Select Pork & Leek Sausages with Caramelised Red Onion Gravy	Lamb Kofti with Pitta, Raita & Greek Salad (G, Mk, So)	Battered Fillet of Pollock, Chunky Tartare Sauce & Lemon (G, F, E)

Senior

Beef Bolognese with Basil & Parmesan (Mk)	Tandoori Chicken with Mint & Cucumber Raita (Ce, Mk, So)	Butchers Select Pork & Leek Sausages with Caramelised Red Onion Gravy (G, Su)	Lamb Kofti with Pitta, Raita & Greek Salad (G, Mk, So)	Battered Fillet of Pollock, Chunky Tartare Sauce & Lemon (G, F, E)
--	---	--	---	---

Veggie

Vegetable & Lentil Bolognese with Basil & Parmesan (G, E, So, Mk)	Cherry Tomato Pesto & Mozzarella Puff Pastry Tart (G, E, Mk)	Glamorgan Sausages with Caramelised Red Onion Gravy (G, Su)	Spanish Omelette with Potatoes, Cheddar & Peas (E, Mk)	Wholemeal Cheese & Cherry Tomato Quiche (G, E, Mk)
--	---	--	---	---

Veg

Steamed Sweetcorn Sauteed Courgettes	Charred Broccoli Steamed Cauliflower	Honey Baked Parsnips Carrots	Sweetcorn Sauteed Green Beans	Minty Or Mushy Peas Baked Beans
---	---	---------------------------------	----------------------------------	------------------------------------

Carbs

Penne Pasta	Turmeric Rice	Fluffy Mashed Potato	Lemon Scented Couscous	Best Baked Chips
-------------	---------------	----------------------	------------------------	------------------

Puddings

Selection of Fresh Fruit	Lemon & Lime Drizzle Cake (G, E)	Selection of Fresh Fruit	Selection of Fresh Fruit	White Chocolate and Raspberry Cookies (G, E, Mk, So)
--------------------------	----------------------------------	--------------------------	--------------------------	---

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.



SPINACH
April



**NEW
POTATOES**
May



PEAS
June



STRAWBERRIES
July



Find Sophie's Star to enjoy
the dish specially chosen
by our nutritionist!

ALLERGENS

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals
containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide