

MONDAY 5TH JUNE

Traditional Beef Lasagne, served with Fresh Green Salad,
Crunchy Slaw and Garlic Bread (1, 7, 9, 10, 11)
or Mexican Vegetable Fajitas with Oven Tex-Mex Wedges
Crunchy Slaw and Fresh Salad (1, 7, 9, 10, 11)
Marble Cake with Red Berry Sauce (1, 7)

TUESDAY 6TH JUNE

Thai Green Chicken Curry and Coconut Rice served with
Chinese Vegetables from the Wok (9)
or Thai Red Vegetable Curry and Coconut Rice served with
Chinese Vegetables from the Wok (9)
Tangy Lemon Cheesecake (1, 8, 9)

WEDNESDAY 7TH JUNE

Roast Leg of Lamb and Mint Sauce with Roast Potatoes,
Spring Greens and Fresh Carrots
or Brie and Sweet Potato Wellington and Mushroom Sauce,
served with Roast Potatoes, Spring Greens and Carrots (1, 7, 9)
Pear and Peach Oaty Crumble with Custard (1, 7, 8, 9)

THURSDAY 8TH JUNE

Hungarian Beef Goulash (1) served with
New Potatoes, Broccoli and Butternut Squash
Sweet and Sour Chinese Vegetables served with Rice, Broccoli or Salad
Manchester Tart (1, 7, 9)

FRIDAY 9TH JUNE

Breaded Fish and Chips, served with Garden Peas or Fresh Salad (1, 4, 11)
or Three Cheese Macaroni, served with Fries and Fresh Salad (1, 9)
Fresh Fruit Salad and Vanilla Ice Cream (9)

AVAILABLE DAILY

FRESH CHEF'S SALAD - WHOLE GRAIN BREAD - SELF HELP SALAD BAR



THE SPANIARD
THE ITALIAN
THE BIG FOOT
THE ORIENTAL

THE DELI

FRESH CUT SANDWICHES - ROLLS - WRAPS - PITTAS - BAGUETTES
SEE THE BLACK BOARDS FOR SOUPS, THEME DAYS
AND THE CHEF'S SPECIAL

ALLERGEN KEY

1 Cereals containing gluten
2 Crustaceans
3 Molluscs

4 Fish
5 Peanuts
6 Nuts

7 Eggs
8 Soybeans
9 Milk

10 Celery
11 Mustard
12 Lupin

13 Sesame
14 Sulphur Dioxide



ANY ALLERGEN CONCERNS
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MONDAY 12TH JUNE

Meatballs in a Fresh Tomato and Basil Sauce, served with Spaghetti, Mixed Salad, House Slaw and Garlic Slice (1, 7, 9, 10, 11)
 or Cauliflower Cheese with a Crunchy Top, served with Mixed Salad, House Slaw and Garlic Slice (1, 7, 9, 10, 11)
 Baked Vanilla Cheesecake with Apricot Sauce (1, 7, 9)

TUESDAY 13TH JUNE

Baked Tandoori Chicken and Mint Yoghurt Dressing served with Pilau Rice, Vegetable Curry and Poppadums (1, 5, 6, 9, 11)
 or Chick Pea and Sweet Potato Korma, served with Pilau Rice, Vegetable Curry and Poppadums (1, 5, 6, 11)
 Light and Fluffy Mango Fool (1, 7, 8, 9)

WEDNESDAY 14TH JUNE

Roast Beef and Yorkshire Pudding served with Roast Potatoes, Savoy Cabbage and Cauliflower Florets (1, 7, 9)
 or Double Gloucester and Red Onion Tart served with Roast Potatoes, Savoy Cabbage and Cauliflower Florets (1, 7, 9)
 Saucy Chocolate Pudding and Chocolate Sauce (1, 7, 8, 9)

THURSDAY 15TH JUNE

Minted Spring Lamb and Vegetable Shortcrust Pie served with Crushed New Potatoes, Carrots and Baked Courgettes (1, 7, 9)
 or Spring Vegetable Casserole served with Crushed New Potatoes, Carrots and Baked Courgettes (1, 10)
 Dorset Apple Cake and Custard (1, 7, 8, 9)

FRIDAY 16TH JUNE

Battered Cod, Chips and Peas (1, 4)
 or Roasted Vegetable Calzone, Chips and Fresh Salad (1, 8, 9)
 Old Fashioned Strawberry Trifle (1, 7, 9)

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MONDAY 19TH JUNE

Bangers and Mash, served with Spring Greens and Peas (1, 9, 11)
or Chunky Vegetable Goulash served with Mini Dumplings (1, 10)
Pear Sponge with Caramel Sauce (1, 7, 9)

TUESDAY 20TH JUNE

Beef Rogan Josh and Basmati Rice served with
Onion Bhaji and Poppadum (1, 5, 6, 11, 14)
or Mushroom and Potato Curry and Basmati Rice served with
Onion Bhaji and Poppadum (10)
Orange Cake with Orange Cream Frosting (1, 7, 9)

WEDNESDAY 21ST JUNE

Roast Gammon and Pineapple served with
Dauphinoise Potatoes, Carrots and Broccoli (9)
or Ratatouille Stuffed Courgettes served with
Dauphinoise Potatoes, Carrots and Broccoli (9)
Dutch Apple Pie and Custard (1, 7, 8, 9, 14)

THURSDAY 22ND JUNE

Barbecue Chicken served with Baked Spicy Wedges,
Mixed Leaf Salad, Red Cabbage and Apple Slaw (1, 7, 9, 11)
Roasted Mediterranean Vegetable Lasagne served with Baked Spicy Wedges,
Mixed Leaf Salad, Red Cabbage and Apple Slaw (1, 7, 9, 10)
Summer Pudding and Cream (1, 9)

FRIDAY 23RD JUNE

Breaded Fish with Chips and Peas (1, 4, 9)
or Crunchy Salmon Crumble with Peas (1, 4, 9)
or Broad Bean and Parmesan Risotto with Fresh Salad (9, 10)
Banoffee Pie (1, 8, 9)

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MONDAY 26TH JUNE

Spaghetti Bolognese served with
Mixed Salad and Cheesy Garlic Bread (1, 9, 11)
or Triple Cheese and Aubergine Lasagne
served with Mixed Salad and Cheesy Garlic Bread (1, 9, 10)
Cherry Crumble and Custard (1, 7, 8, 9)

TUESDAY 27TH JUNE

Bengal Lamb Kofta Curry and Fragrant Rice, served with
warm Naan Bread and Cauliflower Bhaji (1, 11)
or Lentil and Vegetable Curry and Fragrant Rice served with
Naan Bread and Cauliflower Bhaji (1, 10)
Key Lime Pie (1, 8, 9)

WEDNESDAY 28TH JUNE

Roast Pork, Apricot Stuffing, served with
Roast Potatoes, Carrots and Broccoli (1, 7, 9, 14)
or Lentil and Courgette Loaf and Fresh Tomato Sauce served with
Roast Potatoes, Carrots and Broccoli (7, 9, 10)
Apple and Sultana Pudding and Custard (1, 7, 8, 9, 14)

THURSDAY 29TH JUNE

Jerk Chicken, Rice and Peas served with
Mixed Leaf Salad and Fruity Slaw (7, 9, 11, 14)
or Texan Bean Chilli Wrap with Oven Wedges,
Mixed Salad and Fruity Slaw (7, 9, 11, 14)
Zesty Lemon Meringue Pie (1, 7, 9)

FRIDAY 30TH JUNE

Traditional Fish and Chips, served with Peas or Side Salad (1, 4)
or Vegetarian Cheese Burger with Chips and Peas or Side Salad (1, 8, 9)
Berry Eton Mess (7, 9)

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MONDAY 3RD JULY

Chilli Con Carne, Sour Cream and Rice, served with Tomato and Onion Salad, and Garlic Slice (1, 7, 10)
or Vegetarian Spaghetti Bolognese and Parmesan Cheese served with Tomato and Onion Salad and Garlic Slice (7, 9, 10)
Bread and Butter Pudding and Cream (1, 7, 9, 14)

TUESDAY 4TH JULY

Chicken Jalfrezi and Lemon Rice served with Naan Bread (5, 6, 10, 11)
or Vegetable Korma and Lemon Rice served with Naan Bread (5, 6, 10, 11)
Crème Caramel served with Mandarin Oranges (9)

WEDNESDAY 5TH JULY

Roast Lemon and Garlic Chicken served with Baby Roast Potatoes, Minted Peas and Carrots
or Summer Vegetable Crumble served with Baby Roast Potatoes, Minted Peas and Carrots (1)
Apple Strudel and Vanilla Sauce (1, 7, 9, 14)

THURSDAY 6TH JULY

WIMBLEDON WEEK

FRIDAY 7TH JULY

Battered Cod, served with Chips and Peas or Mixed Salad (1, 4)
or Salmon and Dill Tart, served with Chips and Peas or Mixed Salad (1, 4, 7, 9)
or Roasted Vegetable and Mozzarella Pizza, served with Chips and Peas or Mixed Salad (1, 8, 9)
Best Ever Chocolate Brownie and Ice Cream (1, 7, 9)

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MONDAY 10TH JULY

Bacon and Mushroom Creamy Tagliatelle,
Tossed Salad and Garlic Slice (1, 7, 9)
or Vegetarian Toad in the Hole,
Cream Potatoes and Peas (1, 7, 9)
Apricot Slice and Cream (1, 7, 9)

TUESDAY 11TH JULY

Beef Balti and Basmati Rice served with
Onion Bhaji and Naan Bread (1, 5, 6, 11)
or Aubergine and Chick Pea Curry served with
Onion Bhaji and Naan Bread (1, 10)
Blackcurrant Mousse with Oaty Biscuit (1, 9)

WEDNESDAY 12TH JULY

Roast Turkey and Sage and Onion Stuffing served with
Roast Potatoes, Carrots and Spring Cabbage (1, 6, 7, 9)
or New Season Asparagus Tart served with
Roast Potatoes, Carrots and Spring Cabbage (1, 7, 9)
Strawberry Flan and Cream (1, 7, 9)

THURSDAY 13TH JULY

Sweet and Sour Chicken and Rice served with Stir Fry Vegetables
or Quorn Shepherdess Pie served with Mixed Fresh Vegetables (7, 9, 10)
Cherry Flap Jack and Vanilla Sauce (1, 7, 8, 9, 14)

FRIDAY 14TH JULY

Breaded Fish, served with Chips and Peas or Fresh Salad (1, 4, 11)
or Roasted Sweet Pepper Omlette, served with
Chips and Peas or Fresh Salad (1, 7, 9)
Rice Pudding and Fruit Compote (9)

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