

Freshly baked bread and salad available daily

Brighton & Hove Spring/ Summer 2023



(V) Vegan
(W) Wholemeal

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 17.04 08.05 05.06 26.06 17.07 28.08 18.09 09.10	Main	Macaroni Cheese	Sausage Roll with Homemade Jacket Wedges	Roast Chicken with Roast Potatoes & Gravy	Spaghetti Bolognese	Salmon Fishfingers with Chips & Homemade Tomato Ketchup
	Vegan (v)	Lentil & Sweet Potato Curry with 50:50 Rice	Vegan Meatball Pasta Bake with Vegan Cheese	Roast Quorn with Roast Potatoes & Gravy	Vegetable Bean Fajitas with Homemade Jacket Wedges	Vegan Sausages with Chips & Homemade Ketchup
	Jacket Potato	Baked Beans (v)	Cheese	Tuna Mayonnaise	Baked Beans & Vegan Cheese (v)	Cheese
	Vegetable	Sliced Carrots Peas	Cabbage Sweetcorn	Carrots Broccoli	Green Beans Sweetcorn	Peas &/or Baked Beans
	Deserts	Chocolate & Mandarin Brownie with Pears	Cornflake Tart (v) & Custard	Jelly (v) & Ice Cream	Fruity Shortbread (v)	Oaty Cookie (v) with Fruity Friday
WEEK TWO 24.04 15.05 12.06 03.07 04.09 25.09 16.10	Main	Cheese & Tomato Pizza	Greek Style Chicken Pitta with Jollof Style Rice	Roast Turkey with Roast Potatoes & Gravy	Farm Assured Beef Burger with Homemade Jacket Wedges	MSC Breaded Fish with Chips & Homemade Tomato Ketchup
	Vegan (v)	5 Bean Chilli with 50:50 Rice	Vegan Sausages with Mashed Potato & Gravy	Sweet Potato and Spinach Tart with Roast Potatoes	Wholemeal Vegetable Pasta Bake with Vegan Cheese	Falafel with Chips & Homemade Tomato Ketchup
	Jacket Potato	Baked Beans (v)	Cheese	Tuna Mayonnaise	Baked Beans & Vegan Cheese (v)	Cheese
	Vegetable	Sweetcorn Carrot	Peas Cauliflower	Cabbage Sweetcorn	Grated Carrot Broccoli	Peas &/ or Baked Beans
	Deserts	Lemon Cake	Apple Flapjack (v)	Fruit Jelly (v)	Peach Upside Down Cake & Custard	Chocolate Cookie with Fruity Friday (v)
WEEK THREE 01.05 22.05 19.06 10.07 11.09 02.10	Main	Pork Sausages with Mashed Potato & Gravy	BBQ Chicken with Jollof Style Rice	Roast Chicken with Roast Potatoes & Gravy	Cheese & Tomato Pizza	MSC Fishfingers with Chips & Homemade Tomato Ketchup
	Vegan (v)	Vegetarian Tortilla Stack with Vegan Cheese & 50:50 Rice	Veggie Spaghetti Bolognese	Crunchy Top Vegetable Bake with Roast Potatoes	Homemade Vegetable Burger with Homemade Jacket Wedges	Mexican Bean Roll with Chips & Homemade Tomato Ketchup
	Jacket Potato	Baked Beans (v)	Cheese	Tuna Mayonnaise	Baked Beans and Vegan Cheese (v)	Cheese
	Vegetable	Carrots Peas	Broccoli Sweetcorn	Cauliflower Cabbage	Carrots Sweetcorn	Peas &/or Baked Beans
	Deserts	Golden Snap Cookie (v)	Fairtrade Banana Cake with Custard	Peaches (v) & Ice Cream	Jelly & Mandarins (v)	Vanilla Shortbread with Fruity Friday (v)