



What's on the menu - week one?

Week Commencing – 12/4/21 – 3/5/21 – 24/5/21 – 7/6/21 – 28/6/21 – 19/7/21

Week One	Monday	Tuesday	Wednesday	Thursday	Friday								
Option 1 VEGETARIAN (V)	Sausages (14) Creamed Potato (7) Seasonal Vegetables Gravy	Chicken Curry (7,9) Rice Seasonal Vegetables Naan Bread (2,4,7)	Southern Fried Goujons (2,4) Potato Wedges (2) Baked Beans	Roast Turkey Roast Potatoes, Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	Fish (2,5) or Fishcake (2,5,13) Chips Peas / Beans Bread and Butter (2,4,7,13)								
Option 2	(V) Vegetarian Sausages (2,13,14) Creamed Potato (7) Seasonal Vegetables Gravy	(V) Vegetable Curry (7,9) Rice Seasonal Vegetables Naan Bread (2,4,7)	(V) Southern Fried Goujons (2,4) In a Tortilla Wrap Potato Wedges (2) Coleslaw (4,9)	(V) Quorn Roast Fillet (4,7) Roast Potatoes, Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	(V) Fishless Finger (2,4) Chips Peas / Beans Bread and Butter (2,4,7,13)								
Option 3	Jacket Potato - Various fillings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various fillings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various fillings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various fillings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various fillings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)								
Dessert choice	Chocolate Sponge and Custard (2, 4, 7)	Ice Cream with a Fruit Compote (7)	Lemon Shortcake and Custard (2,4,7)	Chocolate Crackle Bun (2,7)	Assorted Biscuits (2,4,7)								
Assorted sandwiches and Jacket potatoes served with unlimited vegetables or salad to accompany the meals - Freshly prepared Salad Bar & Bread daily (2, 4, 7,13) Yoghurt (7) and Fruit are available daily as a choice of dessert Fresh Water & Milk(7) to drink													
FRUIT & VEGETABLES ARE SUBJECT TO SEASONAL VARIATIONS													
Allergens													
1 Celery	2 Cereals Containing Gluten	3. Crustaceans (such as prawns, crabs and lobsters)	4 Eggs	5 Fish	6 Lupin	7 Milk	8 Molluscs (such as mussels) and oysters	9 Mustard	10 Nuts	11 Peanuts	12 Sesame Seeds	13 Soya	14 Sulphur Dioxide and Sulphites

What's on the menu - week two?

Week Commencing – 19/4/21 – 10/5/21 – 14/6/21 – 5/7/21

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday								
Option 1 VEGETARIAN (V)	Meatballs (7,14) Tomato Pasta (2,7) Seasonal Vegetables Garlic Bread (2,4,7)	Chicken Burger in a bun (2,4,7) Potato Wedges (7) Coleslaw (4,9) Side Salad	ALL DAY BREAKFAST Bacon, Sausage (14) Egg omelette (4,7) Tomatoes and Beans Hash Brown (14)	Roast Chicken Breast Roast Potatoes, Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	Fish (2,5) or Fish fingers (5) Chips Peas / Beans Bread and Butter (2,4,7,13)								
Option 2	V Vegetarian Meatballs (2,13) Tomato Pasta (2,7) Seasonal Vegetables Garlic Bread (2,4,7)	V Vegetable Burger in a bun (2,4,7) Potato Wedges (2) Coleslaw (4,9) Side Salad	VEGETARIAN ALL DAY BREAKFAST (V) Vegetarian Sausages (2,13,14) Egg Omelette (4,7) Tomatoes and Beans Hash Brown (14)	V Roast Quorn Fillet (4,7) Roast Potatoes Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	V Fishless Finger (2,4,7) Chips Peas / Baked Beans Bread and Butter (2,4,7,13)								
Option 3	Jacket Potato - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)								
Dessert choice	Raspberry Ripple Sponge (2,4,7) and Custard (7)	Apple Pie with Ice Cream (2,4,7)	Chocolate Crunch (2,4,7) and Custard (7)	Assorted Fruity Whips (7)	Assorted Biscuits (2,4,7)								
Assorted sandwiches and Jacket potatoes served with unlimited vegetables or salad to accompany the meals - Freshly prepared Salad Bar & Bread daily (2, 4, 7,13) Yoghurt (7) and Fruit are available daily as a choice of dessert Fresh Water & Milk(7) to drink FRUIT & VEGETABLES ARE SUBJECT TO SEASONAL VARIATION													
Allergens													
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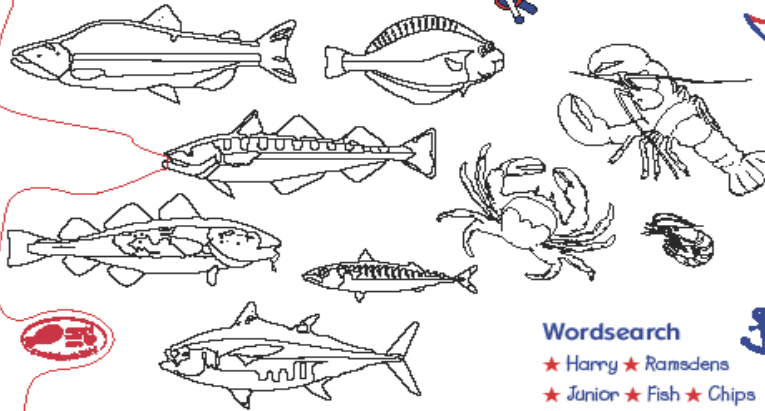
What's on the menu - week three?

Week Commencing – 26/4/21 – 17/5/21 – 21/6/21 – 12/7/21

Week Three		Monday	Tuesday	Wednesday	Thursday	Friday							
Option 1	VEGETARIAN (V)	Assorted Pizza (2,5,4,7) Potato Wedges (2) Peas and Sweetcorn	Pasta Bolognaise (2,7) Seasonal Vegetables Garlic Bread (2,4,7)	Burger in a Bun (2,4,7) Potato Wedges (2) Coleslaw (4,9) Side Salad	Roast Beef or Turkey Roast Potatoes Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	Fish (2,5) OR Fish Star (2,5) Chips Peas and Beans Bread and Butter (2,4,7,13)							
Option 2		(V) Tomato Pizza (2,4,7) Potato Wedges (2) Peas and Sweetcorn	(V) Cheesy Pasta Bake (1,2,7) Seasonal Vegetables Garlic Bread (2,4,7)	(V) Vegetable Burger in a Bun (2,4,7) Potato Wedges (2) Coleslaw (4,9) Side Salad	(V) Roast Quorn Fillet (4,7) Roast Potatoes Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	(V) Fishless Finger (2,4,7) Chips Peas and Beans Bread and Butter (2,4,7,13)							
Option 3		Jacket Potatoes - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potatoes - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potatoes - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potatoes - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potatoes - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)							
Dessert choice		Chocolate Wellington Fudge Cake & Custard (2,4,7)	Ice Cream with Fruit (7)	Fruity Flapjack and Custard (2,4,7)	Chocolate and Banana Brownies (2,4,7)	Assorted Biscuits (2,4,7)							
Assorted sandwiches and Jacket potatoes all served with unlimited vegetables or salad to accompany the meals - Freshly prepared Salad Bar & Bread daily (2, 4, 7, 13) Yoghurt (7) and Fruit are available daily as a choice of dessert Fresh Water & Milk (7) to drink FRUIT & VEGETABLES ARE SUBJECT TO SEASONAL VARIATIONS													
Allergens													
1 Celery	2 Cereals Containing Gluten	3. Crustaceans (such as prawns, crabs and lobsters)	4 Eggs	5 Fish	6 Lupin	7 Milk	8 Molluscs (such as mussels) and oysters	9 Mustard	10 Nuts	11 Peanuts	12 Sesame Seeds	13 Soya	14 Sulphur Dioxide and Sulphites

Catch the Fish...

Colour in the fish below and see if you can draw a fishing line to match them to their names, how many do you know? (The first one has been drawn for you).



Names of edible fish and crustaceans:

- ★ Pollock ★ Cod ★ Plaice ★ Salmon ★ Mackerel
- ★ Tuna ★ Lobster ★ Crab ★ Prawn

Spot the Difference

There are 7 differences in this picture, can you spot them all?



Wordsearch

- ★ Harry ★ Ramsdens
- ★ Junior ★ Fish ★ Chips
- ★ Pollock ★ Cod
- ★ Salmon ★ Haddock
- ★ Plaice ★ Peas ★ Lemon



Z	R	S	A	L	M	O	N	N	O
F	D	X	P	L	A	I	C	E	W
I	I	W	A	E	S	X	H	Z	U
N	G	S	C	M	Q	J	A	P	S
K	H	O	H	O	F	U	D	U	I
N	I	C	I	N	E	G	D	O	P
J	D	I	P	O	L	L	O	C	K
P	E	A	S	I	V	E	C	O	P
I	V	H	A	R	R	Y	K	D	U
R	A	M	S	D	E	N	S	B	W
E	J	U	N	I	O	R	R	Z	A

New on the Menu!

**Harry Ramsden's
Junior**



**Harry Ramsden's
Junior battered
Pollock Fillets**

**Brand New
on the Menu!**

Made in Britain



Caught with Care



**Harry Ramsden's
Junior**