

WEEK 1

MONday

Spaghetti bolognaise
handmade
garlic bread finger
OR

V Vegetable lattice
Bisto gravy
and potato wedges

served with garden peas

Locally sourced
New Forest ice cream



TuESday

Roast Tuesday

Pork roast, Bisto gravy
and roasty potatoes
served with
broccoli, cauliflower and
carrot medley
OR

V Italian style tomato pasta and
handmade garlic bread finger
served with seasonal salad

Zac's mixed cold puddings

WEdNESday

Thai beef curry
Tilda brown and white rice
and handmade Naan bread
OR

V 'Zac's Pizzeria'
Margherita pizza

served with
garden peas and sweetcorn

'Chocolaty' brownie

THURsday

'Zac's Cheeky Chicken'

Chicken grill in a floured bap
served with potato waffles
and rainbow coleslaw
OR

V Vegetable risotto

served with
fresh baton carrots and broccoli

Zac's mixed cold puddings

FRIday

'Fishy Friday'

Golden baked fish fingers or
salmon and haddock slice
scrummy Heinz tomato ketchup
OR

V Vegetarian sausage puff

served with chips and
baked beans

Yummy ginger and
pear sponge

24th April, 15th May
12th June, 3rd July
24th July
18th September
9th October 2017

WEEK 2

'Meat free day'

Vegetarian sausages
Bisto gravy and
creamy mashed potatoes
OR

V Southern Counties
Macaroni Cheese
handmade garlic bread finger

served with green beans

Locally sourced
New Forest ice cream

Roast Tuesday

Chicken roast
OR

V NEW Vegetable goujons

served with Bisto gravy,
roasty potatoes,
fresh green cabbage and baton
carrots

Zac's mixed cold puddings

Tuna and sweetcorn pasta bake
handmade garlic bread finger
OR

V Vegetarian tortilla stack
and pepper jewelled rice

served with broccoli

Zesty
lemon crunch biscuit

'Zac's Cheeky Chicken'

NEW BBQ chicken sausages
and handmade flat bread
OR

V Spanish omelette
and rainbow coleslaw

served with
potato wedges and baked beans

Zac's mixed cold puddings

'Fishy Friday'

NEW Battered fish
with scrummy Heinz tomato
ketchup and chips
OR

V Southern Counties cheese and
tomato handmade whirl

served with
baked beans or sweetcorn

Marbled chocolate and vanilla
shortbread

2nd May, 22nd May
19th June, 10th July
4th September
25th September
16th October 2017

WEEK 3

Great British Classic

Pork sausages
creamy mashed potatoes
served with baked beans
OR

V Freshly made cheese and
onion pasty
creamy mashed potatoes
served with broccoli

Locally sourced
New Forest ice cream

Roast Tuesday

Beef roast
OR

V Quorn burger
served with Yorkshire pudding,
Bisto gravy, roasty potatoes and
broccoli, cauliflower
and carrot medley

Zac's mixed cold puddings

NEW Bubble battered salmon
potato wedges
served with
green beans and sweetcorn
OR

V 'Zac's Pizzeria'
Margherita pizza

served with
rainbow coleslaw and sweetcorn

Crunchy oaty cookie

'Zac's Cheeky Chicken'

Chicken tomato pasta
OR

V Vegetarian toad in the hole with
Bisto gravy and
new potatoes

served with fresh
baton carrots and garden peas

Zac's mixed cold puddings

'Fishy Friday'

Golden baked fish fingers and
scrummy Heinz tomato ketchup
and chips
OR

V Tasty chilli bean wrap
Tilda brown and white rice

served with
garden peas

Berrylicious coconut sponge

8th May
5th June, 26th June
17th July
11th September
2nd October 2017

picnic

Tuna and lettuce sandwich
Selection of vegetable sticks
Fresh fruit
Muffin

Cheese and mayonnaise sandwich
Selection of vegetable sticks
Fresh fruit
Handmade cookie

Chicken, sweetcorn and
mayonnaise sandwich
Selection of vegetable sticks
Fresh fruit
Today's pudding

Ham and lettuce sandwich
Selection of vegetable sticks
Fresh fruit
Handmade cookie

Vegetarian sausage and
tomato sauce sandwich
Selection of vegetable sticks
Fresh fruit
Sponge

