

# WEEK 1

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

## 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

# WEEK 2

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

### '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

# WEEK 3

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

### 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 oatly 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

# 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

