


Zest Secondary Menu June – October 2018

Week 1 <small>4.6/25.06/16.7/10.9/1.10/22.10</small>	Monday	Tuesday	Wednesday	Thursday	Friday
Plated Main Course Choices Served with side dishes	Green Thai-Style Chicken Curry (HM) Or Homemade Vegetable Samosa with Mint Yoghurt (V)(HM)	Sausage and Apple Casserole with Root Vegetables (HM) Or Lentil Bake with Cheddar Cheese (V)(HM)	‘Sloppy Joe’s’ Paniette (HM) Chilli Beef topped Pizza Or Creamy Butternut Squash Bake (HM)(V)	Lemon and Rosemary Roast Chicken Leg (GF) Or Vegetable Sausage’s x 2 & Onion Gravy (V)	MSC Battered Fish Fillet Or  Quorn & Rice Jambalaya Spiced Vegetable (V)(HM)(GF)
Side dishes	Vegetable Rice or Seasonal Salad	Mashed Potatoes, Broccoli, Carrots or Seasonal Salad	Potato Wedges & Seasonal Salad	New Potatoes, Cabbage, Carrots or Seasonal Salad	Chips, Baked Beans or Seasonal Salad
‘Grab & Go’ Filled Jacket potatoes available daily as alternative to the main course with choice of toppings A selection of hot grab and go items along with Fresh Sandwiches, rolls and salads are also available every day.					
Dessert of the day Fruit & homemade tray bakes available daily	Baked Raspberry Cheesecake Slice (HM)(V)	Jelly Layer Pot (HM)(GF)(V)	Toffee Cake (HM)(V)	Ice Cream Various flavours available	Passion Fruit Sponge (HM)(V)

Key – (HM) Home-made (V) Vegetarian (GF) Gluten Free

All main courses dishes £2.00 each & all desserts/tray bakes 80p
 Why not have a meal deal for £2.50 and save 30p!

Did you know...?

All our meat is Farm Assured and we use a range of local suppliers. Our eggs are Free Range and we use Organic, Seasonal Products where possible. We have actively reduced the sugar content in some of our homemade dessert recipes by 25% to support the Change for Life campaign. Why not take a look at the notice boards for special offers and tariffs for other items sold.



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Week 2 <small>11.6/2.7/23.7/17.9/8.10</small>	Monday	Tuesday	Wednesday	Thursday	Friday
Plated Main Course Choices Served with side dishes	Bacon, Leek and Potato Bake (HM)(GF) Or Tempura Vegetables with Sweet Chilli Sauce (V)(HM)	Minced Lamb and Vegetable Pie Topped with Sliced Potato (HM) Or Cheese Pin Wheel (V)(HM)	‘Hunters Chicken’ Chicken Thigh smothered in BBQ sauce topped with Cheese Or Veggie Sausage Toad in the Hole (V)(HM)	Roast Pork with Apple Sauce Or Vegetarian Shepherd’s Pie (HM)(V)	‘Cod Dog’ MSC Cod Finger in a bun with lettuce Or Vegetable Chow Mein with Egg Noodles (V)
	Side dishes	Mixed Vegetables, Rice or Seasonal Salad	Herby diced Potatoes, Peas or Seasonal Salad	Potato Wedges, Mixed Vegetables or Seasonal Salad	Roast potatoes, Crushed Carrot & Swede or Seasonal Salad
‘Grab & Go’ Filled Jacket potatoes available daily as alternative to the main course with choice of toppings A selection of hot grab and go items along with Fresh Sandwiches, rolls and salads are also available every day.					
Dessert of the day Fruit & homemade tray bakes available daily	Peach Eton Mess (HM)(GF)(V)	Sticky Pear Pudding (HM)(V)	Lemon drizzle Squares (HM)(V)	Summer Fruit Trifle (V)(HM)	Chocolate Sponge with Chocolate sauce (HM)(V)



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Week 3 18.6/9.7/3.9/24.9/15.10	Monday	Tuesday	Wednesday	Thursday	Friday
Plated Main Course Choices Served with side dishes	BBQ Chicken & Tomato Pasta Bake (HM) Or Mediterranean Vegetable Tart (V)(HM)	Minced Beef Cobbler With Herb Scones (HM) Or  Southern Style Quorn burger (V)	Pork Meatballs in Tomato Sauce Or Cheese and Onion 'Omelette Slice' (HM)(V)(GF)	Roast Chicken with Stuffing Or Macaroni Cheese Pasta (HM)(V)	'Fishwich' Crisp Fish served with a Bun with Ketchup Or Vegetable Fajita's (HM)(V)
Side dishes	Garlic Bread, Green Beans or Seasonal Salad	Roast potatoes, Cauliflower, Carrots, or Seasonal Salad	Pasta Twists, Broccoli or Seasonal Salad	Sauté Potatoes, Mixed Vegetables or Seasonal Salad	Mashed Potato, Sweetcorn or Seasonal Salad
'Grab & Go' Filled Jacket potatoes available daily as alternative to the main course with choice of toppings A selection of hot grab and go items along with Fresh Sandwiches, rolls and salads are also available every day 					
Dessert of the day Fruit & homemade tray bakes available daily	Key Lime Pie (HM)(V)	Portuguese Custard Tart (HM)(V)	Apple Sponge (HM)(V)	Sticky Banana Muffin (HM)(V)	Strawberry Fool (HM)(GF)(V)

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love
Joes

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