

JUNE 2026

GENERAL MENU



	Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th
Lunch	Apple salad Falafel (1,9) Special fried rice (6) Seasonal Fruit	White bean salad Wholemeal pasta with bolognese sauce (1,3,6,10) Seasonal Fruit	Gazpacho with croutons (1,9) Salmon with lemon sauce (4) Oven roast potatoes Seasonal Fruit	Gnocchi with pesto(1,3,7) French omelette (3) Salad with tomato and olives Yoghurt (7)	Salad with tomato and olives Peppercorn chicken (6) Rice Fruit Salad
Supper suggestion	Turkey breast with sweetpotato and salad	Green beans with potato and fried eggs	Rice salad + pork ribs	Cod with potato and courgette	Russian salad + croquetas
	Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
Lunch	Vegetable cream soup Texturised soy with tomato sauce (1,6) Rice Seasonal Fruit	Tropical salad (6,10,12,3) Chicken thighs with lemon and rosemary Roast potatoes Fruit Salad	Lentil stew (1) Spanish omelette - with onion (3) Green Salad Yoghurt (7)	Wholemeal pasta napolitana (1,3,6,7,10) Hake breaded in chickpea flour (4) Salad Seasonal Fruit	Chickpea trempo with tuna (4) Mixed burgers (1,7) Potato wedges Seasonal fruit
Supper suggestion	Salmon with mashed potatoes and salad	Guacamole and tomato and cheese toast	Chicken fajitas with vegetables	Fried eggs with beans and carrots	Cod with ratatouille and rice
	Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th
Lunch	Wholemeal pasta carbonara (1,3,6,7,10) Pan-fried hake (4) Salad Seasonal Fruit	Cesar Salad (1,7) Chickpea curry with rice Seasonal fruit	Avocado salad Turkey with chimichurri sauce Oven roast potatoes Home-made fruit salad	Mixed paella (2,4,14) French omelette (3) Salad Yoghurt	Lentil salad (1) Home-made pizza - tuna and margarita (1,7) Seasonal fruit
Supper suggestion	Chicken brest with potato and broccoli	Russian salad + calamari strips	Filled aubergine with rice and beef	Flambeed salmon with veggies and boiled potatoes	Sausages with hummus and salad
	Monday 22nd	Tuesday 23rd Summer Fair	Wednesday 24th	Thursday 25th	Friday 26th
Lunch	Mixed salad Rice noodles with chicken and vegetables Seasonal Fruit		Staff only	Staff only	Staff only
Supper suggestion	Carrot cream soup + spanish omelette		-	-	-

