

Why not try our **Deli Bar**

Jacket potatoes and a selection of sandwiches offered daily.

Fresh fruit and Yoghurts available daily

The Sylvester Menu

Spring & Summer 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Salmon fillet in tomato and broccoli pasta sauce served with garlic bread</p> <p>Tomato and basil pasta served with garlic bread and salad</p> <p>Pancake with selection of berries and ice cream</p>	<p>Katsu curry served with wholegrain rice and naan</p> <p>Vegetable curry served with wholegrain rice and naan</p> <p>Fruit / Yoghurt</p>	<p>Sausage, scrambled egg, hash brown, mushrooms, beans served with wholemeal toast / barm</p> <p>Meatfree sausage, scrambled egg, hash brown, mushrooms, beans served with toast / barm</p> <p>Fruit / Yoghurt</p>	<p>Farm Assured roast chicken, roast potatoes, gravy and seasonal vegetables</p> <p>Meatfree fillet, roast potatoes, gravy & seasonal vegetables</p> <p>Fruit / Yoghurt</p>	<p>Harry Ramsdens fish fillet, chips beans or peas</p> <p>Spanish Omlette served with salad</p> <p>Lolly Ice</p>
Week 2	<p>Cheese and tomato pizza served with herby diced potatoes and salad</p> <p>Tomato, pepper & cheese topped pizza served with diced potatoes and salad</p> <p>Angel Delight served with fruit</p>	<p>Sweet & Sour chicken served with noodles and vegetables</p> <p>Sweet and Sour served with noodles</p> <p>Fruit / Yoghurt</p>	<p>Chicken Tikka Curry, Wholegrain rice served with Naan bread</p> <p>Vegetable Tikka curry, wholegrain rice served with Naan bread</p> <p>Fruit / Yoghurt</p>	<p>Farm Assured Beef, Mash, gravy and seasonal vegetables</p> <p>Meatfree fillet, mash, gravy and seasonal vegetables</p> <p>Fruit / Yoghurt</p>	<p>Fish Fingers, chips, beans or peas</p> <p>Quorn chicken nuggets with chips, beans or peas</p> <p>Fruit flavoured flapjack</p>
Week 3	<p>Beef Burger in a bun served with oven cooked wedges and salad</p> <p>Vegetarian Burger in a bun served with oven cooked wedges and salad</p> <p>Ice cream pot</p>	<p>Freshly prepared spaghetti bolognaise served with garlic bread and salad selection</p> <p>Vegetarian Spaghetti Bolognaise served with garlic Bread and salad</p> <p>Fruit / Yoghurt</p>	<p>Ham & Cheese panini served with salad potatoes & salad selection</p> <p>Cheese & tomato panini served with salad potatoes and salad</p> <p>Fruit / Yoghurt</p>	<p>Roast Chicken served with roast potatoes, gravy and seasonal vegetables</p> <p>Meatfree fillet, roast potatoes,gravy & seasonal vegetables</p> <p>Fruit / Yoghurt</p>	<p>Harry Ramsdens Fish fillet served with chips and beans or peas</p> <p>Cheese and Red pepper quiche, chips served with salad</p> <p>Cookie with milkshake</p>



Soybean



Celery



Crustaceans



Fish



Gluten



Lupin



Molluscs



Mustard



Peanut



Sesame



Sulphur Dioxide



Treenuts



Egg



Milk

April 2026

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

May 2026

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

June 2026

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

July 2026

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

September 2026

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

October 2026

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

