

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Pork Sausage and Mash with Onion Gravy	Chinese Style Chicken with Wholegrain Rice	Roast Turkey, Stuffing, Roast Potatoes, Yorkie and Gravy	Beef Cottage Pie with Root Vegetable Mash	Fish Fingers and Chips
Vegetarian Main Meal	Cheese, Tomato and Spinach Puff Pastry Slice	Sweet and Sour Quorn with Vegetables and Wholegrain Rice	Macaroni and Broccoli Bake	Quorn Cottage Pie with Root Vegetable Mash	Southern Spiced Crispy Quorn Burger in Floured Bap
Vegetables	Garden Peas	Carrots	Roasted Root Vegetables	Sweetcorn	Garden Peas
Jacket potatoes	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese
Pudding	Berry Fruit Crumble and Custard	Classic Shortbread	Strawberry Yoghurt Fool	Warm Brownie with Chocolate Custard	Lemon Drizzle Cake with Yoghurt Topping
Fruit/ Yoghurt	Seasonal Fresh Fruit and Yoghurt Bar Available Daily				
Salad Bar	Daily Bread, Salad and Crudité Bar Available Daily				
<b>Pick &amp; Mix Offer – Choose your Sandwich, Dessert or Yoghurt and help yourself to the Salad Bar</b>					
Pick & Mix Sandwiches & Dessert	Ham Roll or Cheddar Cheese Roll - Berry Flapjack	Tuna and Sweetcorn Sandwich or Chicken Roll - Classic Shortbread	Cream Cheese and Cucumber Wrap or Ham Sandwich - Strawberry Yoghurt Fool	Tuna and Cucumber Sandwich or Cheddar Cheese Roll - Chocolate Brownie	Chicken and Sweetcorn Mayo Wrap or Cream Cheese Roll - Lemon Drizzle Cake



Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef Bolognese with Pasta	Ham and Cheese Pizza with Baked Wedges	Roast Gammon, Stuffing, Roast Potatoes, Yorkie and Gravy	BBQ Chicken Breast and Baked Wedges	Fish and Chips
Vegetarian Main Meal	Baked Veggie Nugget Tortilla Twister	Roasted Vegetable Lasagne	Quorn Roast, Stuffing, Roast Potatoes, Yorkie and Gravy	Margherita Pizza and Baked Wedges	Roasted Pepper and Tomato Quiche with Chips
Vegetables	Broccoli	Sweetcorn	Steamed Seasonal Vegetables	Garden Peas and Carrots	Baked Beans
Jacket potatoes	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese
Pudding	Blueberry Yoghurt Fool	Pineapple Upside down Cake with Custard	Orange Mandarin Jelly	Apple and Pear Crumble and Custard	Fruity Cookie
Fruit/ Yoghurt	Seasonal Fresh Fruit and Yoghurt Bar Available Daily				
Salad Bar	Daily Bread, Salad and Crudité Bar Available Daily				
<b>Pick &amp; Mix Offer – Choose your Sandwich, Dessert or Yoghurt and help yourself to the Salad Bar</b>					
Pick & Mix Sandwiches & Dessert	Ham Roll or Cheddar Cheese Roll - Berry Flapjack	Tuna and Sweetcorn Sandwich or Chicken Roll - Classic Shortbread	Cream Cheese and Cucumber Wrap or Ham Sandwich - Strawberry Yoghurt Fool	Tuna and Cucumber Sandwich or Cheddar Cheese Roll - Chocolate Brownie	Chicken and Sweetcorn Mayo Wrap or Cream Cheese Roll - Lemon Drizzle Cake



<b>Week 3</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Main Meal	Turkey Meatballs in Tomato Sauce with Whole Wheat Pasta	Mild chicken Korma with Wholegrain Rice	Roast Pork, Stuffing, Roast Potatoes, Yorkie and Gravy	Beef Lasagne	Salmon Fishcakes and Chips
Vegetarian Main Meal	Quorn and Vegetable Bake with Crispy Potato Topping	Roasted Vegetable and Bean Enchilada	Veggie Sausages, Stuffing, Roast Potatoes, Yorkie and Gravy	Butternut Squash, Spinach and Coconut Curry with Wholegrain Rice	Broccoli and Cheddar Cheese Quiche with Chips
Vegetables	Broccoli and Carrots	Mixed Seasonal Vegetables	Roasted Root Vegetables	Green Beans	Garden Peas
Jacket potatoes	Baked Beans, Tuna Mayo Or Cheese	Baked Beans, Tuna Mayo Or Cheese	Baked Beans, Tuna Mayo Or Cheese	Baked Beans, Tuna Mayo Or Cheese	Baked Beans, Tuna Mayo Or Cheese
Pudding	Oaty Apple Crumble and Custard	Fruity Flapjack	Jam Sponge and Custard	Blueberry Muffin and Yoghurt Drizzle	American Pancake with Forest Fruit or Syrup
Fruit/ Yoghurt	Seasonal Fresh Fruit and Yoghurt Bar Available Daily				
Salad Bar	Daily Bread, Salad and Crudité Bar Available Daily				
<b>Pick &amp; Mix Offer – Choose your Sandwich, Dessert or Yoghurt and help yourself to the Salad Bar</b>					
Pick & Mix Sandwiches & Dessert	Ham Roll or Cheddar Cheese Roll - Berry Flapjack	Tuna and Sweetcorn Sandwich or Chicken Roll - Classic Shortbread	Cream Cheese and Cucumber Wrap or Ham Sandwich - Strawberry Yoghurt Fool	Tuna and Cucumber Sandwich or Cheddar Cheese Roll - Chocolate Brownie	Chicken and Sweetcorn Mayo Wrap or Cream Cheese Roll - Lemon Drizzle Cake

