



A selection of salad and bread is available every day.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Veg sausage roll W	Beef Bolognese W	Chicken and chickpea curry	Mince beef and onion pie with gravy W	Soft shell chicken taco with salsa and guacamole W/M
Vegetarian Option	Vegetable and lentil fried rice	Cheese and tomato quiche W/E/M	Vegetable patties W	Vegetable Cumberland sausage W	Halloumi and tomato soft shell wrap M
Starch		Parsley potatoes/ Spaghetti	Rice and peas	Mashed potato	Backed jacket wedges
Vegetables	Baby carrots	Peas/Baked beans	Green beans	Mixed vegetables	Sweetcorn and pepper
Salad Bar	Beetroot Coleslaw E	Coleslaw Cucumber E	Coleslaw Mixed salad E	Coleslaw, Tomato and cucumber E	Coleslaw Tomato E
Desserts	Mandarin and pineapple	Fruit flapjack Custard W/M	Fruit sponge and custard Yoghurt Fresh fruit W/M/E	Orange slices Milkshake M	Fresh fruit Rice pudding and Jam M
Water	Water	Water	Water	Water	Water

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Veg and lentil Sheppard's pie M	Sweet and sour chicken	Cheese burger in a bun W/M	Mince beef with macaroni topping W/M	Salmon fish cake W/F
Vegetarian Option	Jacket potato with beans or tuna	Tomato and lentil soup with roll W	Vegetable cheese burger M/W	Stuffed peppers with vegetable and lentil couscous	Cheese and onion sausage roll W/M
Starch	Included in main W	Rice	Chips	Included in the main W	Sauté potato Spaghetti hoops
Vegetables	Peas	Sweetcorn Baked beans	Roasted veg	Carrots	
Salad Bar	Coleslaw Lettuce E	Coleslaw and mixed salad E	Pasta salad Coleslaw E	Coleslaw Cucumber E	Coleslaw Beetroot E
Desserts	Fruit salad Yoghurt M	Fruit salad Yoghurt M	Fresh fruit Peach crumble and custard W M	Frozen yogurt M	Caramel tart Custard W M
Water	Water	Water	Water	Water	Water/Milk

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegetable jollof rice	Creamy chicken penne pasta W/M	Cajun drumstick	Chilli con carne	Mini breaded haddock with tartar sauce
Vegetarian Option	Butternut squash soup and roll W	Vegetable and lentil pie W	Cheese and tomato pinwheels MW	Sweet potato and lentil curry	Jacket potato with beans
Starch	Included in main	Rice	Herby potatoes	Rice	New potato
Vegetables	Peas	Carrots	Mixed veg	Green beans	Peas/Baked beans
Salad Bar	Coleslaw Lettuce E	Coleslaw Cucumber sticks E	Coleslaw Cucumber sticks E	Coleslaw Tomato Cucumber E	Coleslaw Mixed salad E
Desserts	Fruit salad	Cheese and biscuits Fresh fruit WM	Ice cream and wafer Peaches M	Blueberry muffin Fresh fruit WME	Semolina and jam W M
Water	Water	Water	Water	Water	Water/Milk

W - contains wheat
E - contains egg
F - contains fish
S - contain soya
M - contains milk
N - contains nuts
P - contains peanuts
C - contains celery
L - contains lupin
MO - contains mollusc
MU - contains mustard
SS - contains sesame seeds
SD - contains sulphur dioxide