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Appetiser	<b>MEAT FREE MONDAY</b>				
Option 1	<b>LINGUINI PASTA</b> With Tomato & Bean Ragù  	<b>MINCED BEEF LASAGNE</b> With garlic slice    	<b>CAJUN CHICKEN FAJITA</b> On soft tortilla  	<b>LAMB KEEMA</b> With naan bread  	<b>BAKED FISH BURGER</b> With accompaniments  
Option 2	<b>VEGETABLE STIR FRY</b> <b>QUORN PIECES</b> With sweet chilli dip   	<b>VEGETABLE 3 BEAN</b> <b>WRAP</b> with tomato salsa   	<b>VEGE MINCE CHILLI CON</b> <b>CARNE</b>  	<b>ROASTED VEGETABLE</b> <b>KORMA</b>  	<b>CHEESE &amp; ONION QUICHE</b>     
Option 3	Jacket Potato with Baked Beans, Cheese, or Tuna	Jacket Potato with Baked Beans, Cheese, or Tuna	Jacket Potato with Baked Beans, Cheese, or Tuna	Jacket Potato with Baked Beans, Cheese, or Tuna	Jacket Potato with Baked Beans, Cheese, or Tuna
Hot Grab & Go	Whole wheat Pasta  	Whole Wheat Pasta  	Whole wheat Pasta  	Whole wheat Pasta  	Whole Wheat pasta  
Side	Seasonal Mixed Vegetables	Potato wedges Edamame Beans	Broccoli Florets Basmati Rice	Basmati Pilau Rice Steamed Green Beans	Garden Peas/Baked Beans Oven Fries
Dessert	<b>GREEK STYLE YOGHURT</b> With various toppings	<b>VEGETARIAN JELLY POT</b> With cream	<b>VANILLA ICED CAKE</b> With sprinkles	<b>STRAWBERRY CHEESECAKE</b>	<b>FRESH SEASONAL FRUITS</b>
Daily	Selection of Yoghurts Cheese/Crackers/bread	Selection of Yoghurts Cheese/Crackers/bread	Selection of Yoghurts Cheese/Crackers/bread	Selection of Yoghurts Cheese/Crackers/bread	Selection of Yoghurts Cheese/Crackers/bread

 Vegetarian 
  Sustainable Fish 
  Oily Fish 
  Wheat 
  Soy Beans 
  Eggs 
  Celery 
  Milk/Cream 
  Cheese 
  Red Tractor 
  Vegan

All foods are freshly prepared using fresh seasonal ingredients. Selection brown breads & rolls, Salads & Protein items available from salad bar every day. Children with dietary requirements are also catered for and great care is taken when preparing meals. All food items sourced are from reputable and local suppliers where possible. Children are very much encouraged to have their 5 a day with fruits being available in abundance at break and at lunch times.



Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Appetiser	<b>MEAT FREE MONDAY</b>				
Option 1	<b>VEGETABLE CHILLI BAKE</b> With nacho, melted cheese, sour cream  	<b>HICKORY SMOKED BBQ CHICKEN THIGH</b> 	<b>LAMB CURRY</b> With poppadom 	<b>BATTERED CHICKEN STEAK BURGER</b> With bun & Relish  	<b>BAKED FISH FILLET</b>  
Option 2	<b>PASTA ARABIATTA</b>   	<b>VEGETABLE &amp; QUINOA FILLED BELL PEPPER</b>  	<b>SWEET POTATO, SPINACH &amp; CHICK PEA CURRY</b>  	<b>VEGETABLE GRILLED BURGER</b> With Onions & Tomatoes   	<b>MOZZARELLA &amp; TOMATO FLATBREAD PIZZA</b>  
Option 3	Jacket Potato with Baked Beans, Cheese, or Tuna	Jacket Potato with Baked Beans, Cheese, or Tuna	Jacket Potato with Baked Beans, Cheese, or Tuna	Jacket Potato with Baked Beans, Cheese, or Tuna	Jacket Potato with Baked Beans, Cheese, or Tuna
Hot Grab & Go	Whole wheat  	Whole Wheat pasta  	Whole wheat Pasta  	Whole Wheat Pasta  	Whole Wheat pasta  
Side	Steamed Green Beans Basmati Wild rice	Sugar Snap Peas/Broccoli Lyonnaise Potatoes	Mixed vegetables Basmati rice	Steamed Edamame beans Herby Potato Wedges	Garden Peas/Baked Beans Oven Fries
Dessert	<b>APPLE &amp; CHERRY CRUMBLE</b> With cream	<b>FLAPJACK</b>	<b>CHOC ICE</b>	<b>DARK &amp; WHITE CHOCOLATE BROWNIE</b>	<b>FRESH SEASONAL FRUITS</b>
Daily	Selection of Yoghurts Cheese/Crackers/bread	Selection of Yoghurts Cheese/Crackers/bread	Selection of Yoghurts Cheese/Crackers/bread	Selection of Yoghurts Cheese/Crackers/bread	Selection of Yoghurts Cheese/Crackers/bread

 Vegetarian 
  Sustainable Fish 
  Oily Fish 
  Wheat 
  Soy Beans 
  Eggs 
  Celery 
  Milk/Cream 
  Cheese 
  Red Tractor 
  Vegan

All foods are freshly prepared using fresh seasonal ingredients. Selection brown breads & rolls, Salads & Protein items available from salad bar every day. Children with dietary requirements are also catered for and great care is taken when preparing meals. All food items sourced are from reputable and local suppliers where possible. Children are very much encouraged to have their 5 a day with fruits being available in abundance at break and at lunch times.



Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Appetiser	<b>MEAT FREE MONDAY</b>				
Option 1	<b>MAC 'N' CHEESE</b> 	<b>CHICKEN &amp; HERB SAUSAGES</b> 	<b>SPAGHETTI BOLOGNESE</b> 	<b>CHICKEN KATSU</b> 	<b>BAKED FISH FILLET</b> 
Option 2	<b>SWEET POTATO FALAFEL</b> With Crispy Lettuce & Pitta Bread 	<b>VEGAN SAUSAGES</b> With red onion chutney 	<b>MEDITERRANEAN VEGETABLE BOLOGNESE</b> 	<b>VEGETABLE CURRY</b> 	<b>VEGAN BURGER</b> With sliced tomatoes & onion rings 
Option 3	Jacket Potato with Baked Beans, Cheese, or Tuna	Jacket Potato with Baked Beans, Cheese, or Tuna	Jacket Potato with Baked Beans, Cheese, or Tuna	Jacket Potato with Baked Beans, Cheese, or Tuna	Jacket Potato with Baked Beans, Cheese, or Tuna
Hot Grab & Go	Whole wheat Pasta 	Whole Wheat pasta 	Whole wheat Pasta 	Whole Wheat Pasta 	Whole Wheat pasta 
Side	Steamed Green Beans	Garden Peas/Sweetcorn	Steamed Edamame/Carrots	Broccoli Florets Pilau Rice	Garden Peas/Baked Beans Oven Fries
Dessert	<b>GREEK STYLE YOGHURT</b> With various toppings	<b>OATY APPLE CRUMBLE</b> With Custard	<b>ICE CREAM ROLL</b>	<b>APPLE DOUGHNUT</b> 	<b>TROPICAL FRUIT PLATTER</b>
Daily	Selection of Yoghurts Cheese/Crackers/bread	Selection of Yoghurts Cheese/Crackers/bread	Selection of Yoghurts Cheese/Crackers/bread	Selection of Yoghurts Cheese/Crackers/bread	Selection of Yoghurts Cheese/Crackers/bread

Vegetarian 
 Sustainable Fish 
 Oily Fish 
 Wheat 
 Soy Beans 
 Eggs 
 Celery 
 Milk/Cream 
 Cheese 
 Red Tractor 
 Vegan

All foods are freshly prepared using fresh seasonal ingredients. Selection brown breads & rolls, Salads & Protein items available from salad bar every day. Children with dietary requirements are also catered for and great care is taken when preparing meals. All food items sourced are from reputable and local suppliers where possible. Children are very much encouraged to have their 5 a day with fruits being available in abundance at break and at lunch times.