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Appetiser	SOUP OF THE DAY MEAT FREE MONDAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY
Option 1	Ricotta & Spinach Tortellini   	Cajun Spiced Chicken Thigh 	Turkey Steak With creamy herb sauce    	Spaghetti Bolognese  	Baked Fish Fillet  
Option 2	Beetroot Falafel With Spiced Vegetable Couscous  	Aubergine & Mixed Bean Casserole  	Vegan Chilli Burritos with Salsa  	Red Lentil & Vegetable Bolognese  	Margarita Flatbread Pizza   
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 with tomato Sauce  	Whole Wheat pasta with Cheese Sauce   	Whole wheat Pasta with basil pesto  	Spaghetti  	Whole Wheat pasta with Tomato sauce  
Side	Steamed Green beans	Jollof Rice Edamame Beans 	Broccoli Florets	Green Beans/Carrots	Garden Peas/Baked Beans Oven Fries
Dessert	Greek Style Yoghurt With Various toppings	Creamy Rice Pudding with Jam	Oaty Apple Crumble With Custard	Chocolate Sponge With Chocolate Sauce	Fresh Seasonal Fruits
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 everyday. 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	SOUP OF THE DAY MEAT FREE MONDAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY
Option 1	Roasted Vegetable Linguini   	Lamb Kofta With naan bread 	Beef & Seasonal Vegetable Casserole 	Roast Chicken Thigh  	Baked Fish Fillet  
Option 2	Quorn Bolognese   	Potato & Cauliflower curry Dhal  	Vegan Sausages With Onion & Gravy  	Vegetable & Lentil Pie  	Spicy Bean & Tofu Fajita   
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 with tomato Sauce  	Whole Wheat pasta with Cheese Sauce   	Whole wheat Pasta with basil pesto  	Whole Wheat Pasta with Roasted Basil  	Whole Wheat pasta with Tomato sauce  
Side	Linguini Steamed Green Beans	Broccoli Florets Pilau Rice	Garden Peas/Carrots Creamy Mash Potatoes	Steamed Green beans Parsley New Potatoes	Garden Peas/Baked Beans Oven Fries
Dessert	Marble Sponge With custard	Flapjack	Apple & Berry Lattice Tart With Custard	Vegan Strawberry jelly With Cream	Fresh Seasonal Fruits
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

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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Appetiser	SOUP OF THE DAY MEAT FREE MONDAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY
Option 1	Vegetarian Meatballs 	Chicken Sausages With onions & gravy 	Minced Beef Lasagne With Garlic Slice 	Chicken Tikka Masala With Popadum 	Baked Haddock Fillet
Option 2	Tomato & Cheese Rigatoni 	Roasted Vegetable Tagine 	Vegetable & Cheese Ravioli With tomato sauce 	Sweet Potato & ChickPea Curry 	Sweet Chilli Jackfruit Burger
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 with tomato Sauce 	Whole Wheat pasta with Cheese Sauce 	Whole wheat Pasta with basil pesto 	Whole Wheat Pasta with Roasted Basil 	Whole Wheat pasta with Tomato sauce
Side	Steamed Green Beans Basmati Rice	Garden Peas Creamy Mash Potatoes	Broccoli/Carrot	Steamed Green Beans Pilau Rice	Garden Peas/Baked Beans Oven Fries
Dessert	Greek Style Yoghurt With various toppings	Chocolate Chip Brownie With cream	Strawberry Cheesecake	Jam Roly Poly With Custard	Fresh Seasonal Fruits
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 everyday. 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.