



Week 1	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 & Cheese Ravioli   	Cajun Spiced Chicken Thigh 	Spaghetti Bolognese  	Chicken & Sweetcorn Flaky Pie  	Baked Fish Fillet  
Option 2	Beetroot Falafel With Spiced Vegetable Couscous  	Teriyaki Tofu With Vegetables  	Red Lentil & Vegetable Bolognese  	Vegetable Burger With Onion Rings & Gravy   	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  	Whole Wheat pasta  	Whole wheat Pasta  	Spaghetti  	Whole Wheat pasta  
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	Vegan Strawberry Jelly With cream (Opt)	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 Vegetables with Pasta Shells 	Lamb Kofta With Pitta bread & Trimmings 	Roast Chicken Thigh With stuffing & gravy 	Hungarian Style Beef Goulash 	Baked Fish Fillet
Option 2	Vegetable Pea Mince Burrito 	Potato & Cauliflower curry Dhal 	Vegan Sausages With Onion & Gravy 	Vegetable Filled Sweet Pepper with Cheese(opt) 	Pulled BBQ Jackfruit in Taco Shell
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	Broccoli Florets Pilau Rice	Garden Peas/Carrots Parsley New Potatoes	Steamed Green beans Basmati Rice	Garden Peas/Baked Beans Oven Fries
Dessert	Creamy Rice Pudding With Jam	Apple & Berry Pie With Custard	Steamed Jam Sponge With Custard	Flapjack	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



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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Appetiser	SOUP OF THE DAY MEAT FREE MONDAY	SOUP OF THE DAY			
Option 1	Mac 'N' Cheese 	Chicken Sausages With onions & gravy 	Minced Beef Lasagne With Garlic Slice 	Chicken Tikka Masala With Popadum 	Baked Haddock Fillet
Option 2	Salmon Fish cake 	Vegetarian sausage hot pot 	Vegetable Quinoa Salad 	Sweet Potato & Chick Pea Curry 	Individual Vegetable Mince Pie
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 				
Side	Steamed Green Beans New Potatoes	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	Vanilla Sponge With Iced Sprinkles & Custard	Fresh Seasonal Fruits
Daily	Selection of Yoghurts Cheese/Crackers/bread				



Vegetarian



Sustainable Fish



Oily Fish



Wheat



Soy Beans



Eggs



Celery



Milk/Cream



Cheese



Red Tractor



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