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Appetiser	SOUP OF THE DAY <b>MEAT FREE MONDAY</b>	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



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 <b>MEAT FREE MONDAY</b>	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY
Option 1	<b>Roasted Vegetables with Pasta Shells</b>   	<b>Lamb Kofta</b> With Pitta bread & Trimmings  	<b>Roast Chicken Thigh</b> With stuffing & gravy  	<b>Hungarian Style Beef Goulash</b> 	<b>Baked Fish Fillet</b>  
Option 2	<b>Vegetable Pea Mince Burrito</b>   	<b>Potato &amp; Cauliflower curry Dhal</b>  	<b>Vegan Sausages</b> With Onion & Gravy  	<b>Vegetable Filled Sweet Pepper with Cheese(opt)</b>  	<b>Pulled BBQ Jackfruit in Taco Shell</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	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



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 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Appetiser	SOUP OF THE DAY <b>MEAT FREE MONDAY</b>	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY
Option 1	<b>Mac 'N' Cheese</b>   	<b>Chicken Sausages</b> With onions & gravy  	<b>Minced Beef Lasagne</b> With Garlic Slice    	<b>Chicken Tikka Masala</b> With Popadum  	<b>Baked Haddock Fillet</b>  
Option 2	<b>Salmon Fish cake</b>   	<b>Vegetarian sausage hot pot</b>  	<b>Vegetable Quinoa Salad</b>  	<b>Sweet Potato &amp; Chick Pea Curry</b>  	<b>Individual Vegetable Mince Pie</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	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	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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