

Main Meal

OPTION 1
OPTION 2

Veggies

Pasta

Filled Rolls

Sweet Treats

Monday	Tuesday	Wednesday	Thursday	Friday
Mixed bean bolognaise with penne pasta   	Margherita pizza & oven baked wedges 	Vegetable 'squashage' roll with roast potatoes & gravy 	Cauliflower & chickpea curry with carrot rice   	Vegan sausage roll, chips & tomato ketchup 
Beef & lentil bolognaise with penne pasta  	Pepperoni pizza & oven baked wedges	Roast gammon with roast potatoes & gravy	Mild chicken tikka masala & chickpea curry with carrot rice  	Fish fingers, chips & tomato ketchup
Carrots & peas 	Broccoli 	Carrot & cabbage 	Tomato & cucumber salad 	Baked beans 
Penne pasta with house tomato sauce 	Penne pasta with a creamy cheese sauce 	Creamy pesto penne pasta 	Penne pasta with a creamy cheese sauce 	Penne pasta with house tomato sauce 
Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Cheese Tuna mayo
Lemon shortbread biscuit 	Chocolate & banana brownie sponge 	Orange jelly & mandarins 	Oaty apple crumble & custard 	Strawberry yogurt & strawberry sauce 

Available Every Day – Crunchy Colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans

KEY

Wholegrain  Vegetarian 

Nutritionist's Choice 

Vegan 

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal 	OPTION 1 Vegetable sausages & mashed potatoes with gravy	Lentil & cauliflower dahl with steamed rice	Roast Quorn fillet with roast potatoes & gravy	Baked creamy mac 'n' cheese	Vegetable nuggets, chips & tomato ketchup
	OPTION 2 Pork sausages (beef casing) with mashed potatoes & gravy	Cajun chicken, tomato & sweetcorn pasta bake	Roast turkey breast, roast potatoes & gravy	Sweet & sour chicken with carrot rice	Fish & chips with tomato ketchup
Veggies 	Carrots & peas	Broccoli	Broccoli, cauliflower & peas	Selection from the salad bar	Peas
Pasta 	Penne pasta with a creamy cheese sauce	Penne pasta with house tomato sauce	Penne pasta with a creamy cheese sauce	Creamy pesto penne pasta	Penne pasta with house tomato sauce
Filled Rolls 	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Cheese Tuna mayo
Sweet Treats 	Chocolate sponge & chocolate sauce	Raspberry jelly & mandarins	Jam sponge & custard	Carrot cake with orange glaze	Chocolate mousse

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	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1 OPTION 2	Cheesy cauliflower pasta bake	Margherita pizza & oven baked wedges	Vegetable sausages with roast potatoes & gravy	Mixed bean & vegetable wrap with vegetable rice	Chickpea & vegetable fritter, chips & tomato ketchup
	Beef nacho pasta bake	Tomato, spinach & salmon pasta	Roast chicken breast, roast potatoes & gravy	Zesty tomato, lentil & herb chicken with vegetable rice	Fish fingers, chips & tomato ketchup
Veggies	Sweetcorn	Peas & carrots	Cabbage, peas & carrot	Carrot, cucumber & tomato salad	Baked beans
Pasta	Penne pasta with house tomato sauce	Penne pasta with a creamy cheese sauce	Penne pasta with a creamy cheese sauce	Creamy pesto penne pasta	Penne pasta with house tomato sauce
Filled Rolls	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Cheese Tuna mayo
Sweet Treats	Chocolate shortbread	Apple & summer berry crumble with custard	Orange jelly & mandarins	Watermelon wedge	Strawberry yoghurt & strawberry sauce

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Wholegrain Vegetarian

Nutritionist's Choice Vegan