

There is a selection of main courses, fresh fruit and vegetables, salads and desserts available every day.

A halal meat option is available every day.

		Monday		Tuesday		Wednesday		Thursday		Friday	
Week 1	Main course	Pork Sausages		Chicken Pasta bake		Roast beef and gravy		Chicken tikka masala		Cod fishcakes	
	Vegetarian main course	Quorn sausages		Vegetable pasta bake		Roast quorn and gravy		vegetable masala		Chilladas (breaded lentil and vegetable bakes)	
	Light option	Assorted rolls		Tuna and tomato panini		Jacket potato and chilli		Turkey and sweetcorn pasta		Jacket with tuna	
	Starchy food	Mash potato Fresh bread		Plain white pasta [in main dish] Fresh bread		Homemade roast or mash potatoes Fresh bread		Rice Fresh bread		Potato wedges Fresh bread	
	Vegetables	Cabbage and leeks		Sweetcorn		Carrots and cauliflower		Peas		Runner beans	
		Salad bar		Salad bar		Salad bar		Salad bar		Salad bar	
	Dessert	Autumn fruits and yoghurt granola pots Fresh fruit salad, Yoghurt, raisins		Rice pudding with blackberry compote Fruit salad Crackers, cheese and grapes		Gingerbread biscuit Fresh fruit salad, Yoghurt, raisins		Apple and cinnamon crumble and custard Fresh fruit salad Crackers and cheese		Pear and chocolate sponge Fresh fruit salad, Yoghurt, raisins	
	Drinks	Water or milk		Water or milk		Water or milk		Water or milk		Water or milk	

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Week 2	Main course	Tuna and tomato pasta bake		Chicken pie		Roast pork and gravy		Chicken Tikka		Beef burger and bap	
	Vegetarian main course	Homemade Vegetable pizza		Vegetable Nuggets		Lentil roast and gravy		Vegetable curry		Quorn burger and bap	
	Light option	Jacket potato and cheese		Assorted roll		Jacket potato with baked beans		ham and salad wrap		Roasted vegetable and mozzarella Panini	
	Starchy food	Wholemeal pasta [in main dish] Fresh bread		Mashed potatoes Fresh bread		Homemade roast or mashed potatoes Fresh bread		Rice Fresh bread		Potato wedges Fresh bread	
	Vegetables	Peas		Spring green cabbage and sweetcorn		Cauliflower and carrots		Broccoli		Baked beans or coleslaw	
		Salad bar		Salad bar		Salad bar		Salad bar		Salad bar	
	Dessert	Peach flan and custard Fresh fruit salad, Yoghurt, raisins		Apple crumble Crackers and cheese, apple		Biscuit with banana slices Fresh fruit salad, Yoghurt, raisins		Fruity flapjack and custard Crackers and cheese and satsuma		Fresh fruit salad Yoghurt, raisins	
	Drinks	Water or milk		Water or milk		Water or milk		Water or milk		Water or milk	

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Week 3	Main course	Spanish chicken		Beef meatballs and tomato sauce		Roast chicken and gravy		Cottage Pie		Fish fingers	
	Vegetarian main course	Vegetable risotto bake		Veggie meatballs and tomato sauce (with soya mince)		Vegetable quiche		Vegetarian shepherd's pie		Quorn sausage	
	Light option	Cajun vegetable fajita		Assorted wraps		Assorted rolls		Jacket potato and cheese		Assorted wraps	
	Starchy food	Pasta / rice Fresh bread		Spaghetti (wholemeal) Fresh bread		Homemade roast or mash potatoes Fresh bread		Fresh bread		Potato wedges Fresh bread	
	Vegetables	Broccoli		Sweetcorn		Red cabbage and green beans		Roasted root vegetables		Baked beans or peas	
		Salad bar		Salad bar		Salad bar		Salad bar		Salad bar	
	Dessert	Melted moments biscuit Fresh fruit salad, Yoghurt, raisins		Plum and yoghurt cake Crackers, cheese and grapes		Fresh fruit salad Yoghurt, raisins		Apple and raisin muffin Crackers, cheese and satsuma		Banana cake and custard Fresh fruit salad, Yoghurt, raisins	
	Drinks	Water or milk		Water or milk		Water or milk		Water or milk		Water or milk	