

# LUNCH

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Freshly made soup with croutons & seeds				
Main 1	Sweet and Sour Chicken	Beef Chilli Con Carne	Roast Turkey Breast	Chicken Tikka Curry	Breaded Chicken Goujon
Main 2	Hoi Sin Roasted Peppers	Mixed Bean Burrito	Cream Cheese & Spinach Stuffed Mushroom	Bombay Potato with Kale	Vegan Nuggets
On the side	Noodles Stir fried vegetables Green beans	Coriander Rice Sweetcorn Steamed Broccoli	Roasted potatoes Peas Roasted carrots	Steamed rice Curried Squash Green Beans	Chips Baked beans Peas
Jacket & pasta	Jacket Potato Baked Beans Grated Cheese Tuna Mayo	50/50 Pasta Rich Chunky Tomato Sauce Grated Cheese	Jacket Potato Baked Beans Grated Cheese Tuna Mayo	50/50 Pasta Ratatouille Grated cheese	Jacket Potato Baked Beans Grated cheese Tuna Mayo
Salad bar	Daily selection of simple & complex salads, protein items, dressings & toppings				
Dessert	Multi Seeded Flapjack Yoghurt & fruit	Yoghurt, jelly & fruit	Apple Crumble with Custard Yoghurt, jelly & fruit	Yoghurt, jelly & fruit	Chocolate Cupcakes Yoghurt, Jelly & fruit

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Freshly made soup with croutons & seeds				
<b>Main 1</b>	Chicken and Leek Puff Pie	Pork Meatballs With Creamy Gravy	Honey Roasted Gammon with Gravy	Beef Bolognese	Hot Dogs Choose Between Pork Sausage or Quorn
<b>Main 2</b>	Vegan Sausage Roll	Spinach and Cream Cheese Cannelloni	Couscous Stuffed Peppers	Macaroni Cheese with Herby Crumb	
<b>On the side</b>	Buttered New Potatoes Garden Peas Steamed Cabbage	Mash Potato Sweetcorn Steamed Cauliflower	Roasted Potatoes Steamed carrots Broccoli florets	Spaghetti Rosted Courgette Garlic bread	Wedges Baked beans Sweetcorn
<b>Jacket &amp; pasta</b>	50 /50 pasta Red pepper & tomato sauce Grated cheese	Jacket potato Baked beans Grated cheese Tuna mayo	50/50 Pasta Cheese sauce	Jacket potato Baked beans Grated cheddar Tuna mayo	50/50 Pasta Tomato & basil sauce Grated cheese
<b>Salad bar</b>	Daily selection of simple & complex salads, protein items, dressings & toppings				
<b>Dessert</b>	Orange Drizzle Cake yoghurt and fruit	Yoghurt, jelly & fruit	Jam Biscuit yoghurt, jelly & fruit	Yoghurt, jelly & fruit	Blondie jelly & fruit



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Freshly made soup with croutons & seeds				
<b>Main 1</b>	Beef Lasagne	Cottage Pie with Cheesy Topping	Roast Chicken with gravy	Pork Sausages	Battered Baked Cod
<b>Main 2</b>	Mushroom Carbonara	Lentil and Vegetable Casserole	Quorn Sausages with Gravy	Cauliflower Cheese with Crumble Topping	Cheddar and Red Onion Tart
<b>On the side</b>	Diced Potatoes Sweetcorn Broccoli	Garden Peas Carrot & Sweet Mash Roasted New Potatoes	Roasted Potatoes Green beans Chunky Carrots	Creamy Mash Peas Green Beans	Skinny Fries Baked beans Mushy Peas
<b>Jacket &amp; pasta</b>	Jacket potato Baked beans Grated cheese Tuna mayo	50 /50 Pasta Tomato Sauce Grated Cheese	Jacket potato Baked beans Grated cheese Tuna Mayo	50/50 pasta Pesto Grated Cheese	Jacket potato Baked beans Grated Cheese Tuna mayo
<b>Salad bar</b>	Daily selection of simple & complex salads, protein items, dressings & toppings				
<b>Dessert</b>	Rice Crispy Cakes Yoghurt, fruit & jelly	Yoghurt, jelly & fruit	Mixed Cookies yoghurt, fruit & Jelly	Yoghurt, jelly & fruit	Steamed Jam Pudding With Custard Yoghurt, fruit & jelly

TEA REX	Monday	Tuesday	Wednesday	Thursday	Friday
TEA WEEK 1	Beef Bolgnese Penne Pasta Green Beans	Roasted Spiced Chicken Paprika New Potatoes Sweetcorn	Pulled Pork Or BBQ Jackfruit Wedges Beans	Pork Sausage Mash Potato Peas Gravy	Mixed Sandwichs Fresh Crudites Crisp
SOMETHING SWEET	Fresh Yoghurt /Jelly Fruit Platter	Fruit Shortbread Fresh Fruit	Fresh Yoghurt /Jelly Fruit Platter	Oaty Flapjack Fresh Fruit	Fresh Yoghurt /Jelly Fruit Platter
TEA WEEK 2	Hot Dogs Diced Potato's Baked Beans	Chicken Katsu Curry Or Breaded Butternut Steamed Rice Corn	Mac 'n' Cheese Mixed Vegetables Garlic Bread	Sweet and Sour Chicken Steamed Noodles Sweetcorn	Baked Beans or Spaghetti Hoops Toast Platters of Ham & Cheese
A SIMPLE SALAD SELECTION WILL BE OFFERED					
SOMETHING SWEET	Fresh Yoghurt /Jelly Fruit Platter	Vanilla Cupcakes Fresh Fruit	Fresh Yoghurt /Jelly Fruit Platter	Rice Crispy Cake Fresh Fruit	Fresh Yoghurt /Jelly Fruit Platter
TEA WEEK 3	Pork Sausage Rolls Or Vegan Sausage roll Beans Mash Potato	Fish Finger Fries Peas	Chicken Goujons Baked Wedges Baked Beans	Beef Burgers Or Crispy Veggie Burger Baked Wedges Green Beans	Mixed Sandwich's Fresh Crudites Crisp
A SIMPLE SALAD SELECTION WILL BE OFFERED					
SOMETHING SWEET	Fresh Yoghurt /Jelly Fruit Platter	Rookie' Road Fresh Fruit	Fresh Yoghurt /Jelly Fruit Platter	Blondie Fresh Fruit	Fresh Yoghurt /Jelly Fruit Platter