

**Week 1**
**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**
**Breakfast**

 Selection of Fresh Fruit  
Porridge with a selection of toppings

**Morning Break**

Toasted Bread with a choice of spreads

**Main Meal**

 Penne Arrabiata served with  
Garlic Bread

 Traditional Cottage Pie  
served Vegetable Gravy

 Oven Roasted Chicken with  
Roasted Potatoes and  
Roasted Vegetables served  
with Gravy

 Stir-fried Noodles served  
with Naan Bread

 Breaded Fish Fingers with  
Fries

**Vegetarian Meal**

 Baked Creamy Mac N Cheese  
served with Garlic Bread

 Vegan Cottage Pie with  
Vegetable Gravy

 Creamy Mushroom Risotto  
with Parmesan Cheese and  
Rocket

 Homemade Basil Pesto with  
Penne Pasta and Naan Bread

 Premium Plant Based Burger  
With Fries

**Sides**

 Roasted Pumpkin & Steamed  
Brussel Sprouts

 Oven Baked Broccoli and  
Roasted Mixed peppers

 Steamed Sweetcorn and  
Roasted carrots

 Roasted Aubergine and  
Steamed Peas

 Steamed Garden Peas & Baby  
Carrots

**Dessert**

Fruit Salad

Fruit Salad

Chocolate Cake

Fruit Salad

Strawberry Jelly

**Available Everyday**
**Main Meal Option:** Hot Jacket Potato with a choice of 'chef' daily fillings

**Salad Bar :** Selection of Seasonal Salad with daily dressing & toppings

**Yoghurt Bar:** Natural Plain Yogurt with daily toppings & sauces

**Fruit Bar:** Selection of Whole Fresh Fruit

**Afternoon Snack**

 Selection of Vegetable  
Sticks & Finger  
Sandwiches

Tomato Pasta Salad

 Selection of Vegetable  
Sticks & Finger  
Sandwiches

Pesto Pasta Salad

 Selection of Vegetable  
Sticks & Finger  
Sandwiches

**Week 2**
**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**
**Breakfast**

 Selection of Fresh Fruit  
 Porridge with a selection of toppings

**Morning Break**

Toasted Bread with a choice of spreads

**Main Meal**

 Fusilli Pasta with Tomato  
 sauce , Olives and capers  
 served with Garlic Bread

 "Taco Tuesday" served with  
 Basmati rice and Guacamole

 Classic Beef Burger with  
 smoked paprika Potato  
 Wedges

 Classic Beef Lasagne  
 served with warm bread

 Breaded Fish Fingers with  
 Fries

**Vegetarian Meal**

 Classic Spaghetti with Chilli  
 Garlic Oil and Parsley, served  
 with Garlic Bread

 Grilled Halloumi in sweet chilli  
 sauce and basmati rice

 Veggie Burger served with  
 smoked paprika potato  
 wedges

 Classic Lasagne with warm  
 bread  
 ( Meat Free Mince )

Veggie Nuggets with Fries

**Sides**

 Pan fried Spinach and Mixed  
 Peppers

 Roasted Courgettes and  
 baby carrots

 Steamed Broccoli and  
 cauliflower

Ratatouille &amp; Green Beans

 Steamed Garden Peas &  
 Sweetcorn

**Dessert**

Fruit Salad

Fruit Salad

 Homemade Bread & Butter  
 Pudding

Fruit Salad

Homemade Vanilla Cake

**Available Everyday**
**Main Meal Option:** Hot Jacket Potato with a choice of 'chef' daily fillings

**Salad Bar :** Selection of Seasonal Salad with daily dressing & toppings

**Yoghurt Bar:** Natural Plain Yogurt with daily toppings & sauces

**Fruit Bar:** Selection of Whole Fresh Fruit

**Afternoon Snack**

 Pepper  
 Cucumber sticks

Pesto Pasta Salad

 Rainbow Peppers & Finger  
 Sandwiches

Tomato Pasta Salad

 Cucumber & Carrot  
 sticks

Rice &amp; Peas

Pizza Tomato

Vegetarian Egg Noodles

Moroccan Cous Cous

Buttered Spaghetti

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Selection of Fresh Fruit Porridge with a selection of toppings				
<b>Morning Break</b>	Toasted Bread with a choice of spreads				
<b>Main Meal</b>	Potato Gnocchi with a tomato and basil sauce, served with garlic bread	Selection of homemade pizza	Homemade chicken goujons with roasted wedge potatoes	Classic Bangers n Mash served with onion gravy	Breaded Fish Fingers with Fries
<b>Vegetarian Meal</b>	Oven baked Aubergine parmigiana served with garlic bread	Selection of homemade pizza	Veggie nugget serve with roasted wedge potatoes	Plant based sausage served with mash and onion gravy	Breaded Vegan Fishless Fingers with Fries
<b>Sides</b>	Pan fried Fresh Spinach & carrots	Corn on the cob and coleslaw	Broccoli florets and roasted mixed peppers	Steamed Sweetcorn & Green Beans	Steamed Garden Peas & Baby Carrots
<b>Dessert</b>	Fruit Salad	Fruit Salad	Homemade Carmel Flapjack	Fruit Salad	Lemon Jelly
<b>Available Everyday</b>	<b>Main Meal Option:</b> Hot Jacket Potato with a choice of 'chef' daily fillings <b>Salad Bar :</b> Selection of Seasonal Salad with daily dressing & toppings <b>Yoghurt Bar:</b> Natural Plain Yogurt with daily toppings & sauces <b>Fruit Bar:</b> Selection of Whole Fresh Fruit				
<b>Afternoon Snack</b>	Selection of Vegetable Sticks & Finger Sandwiches	Tomato Pasta Salad	Selection of Vegetable Sticks & Finger Sandwiches	Pesto Pasta Salad	Selection of Vegetable Sticks & Finger Sandwiches
<b>Afternoon Team</b>	Pizza Tomato	Moroccan Cous Cous	Buttered Spaghetti	Vegetarian Egg Noodles	Rice & Peas