
























































































































































































































Week 1						
		Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	1	Succulent roasted chicken breast with tomato and basil sauce and rice ALL	Oven baked pork sausages,yorkshire pudding,mash,gravy and peas    ALL	Roast Turkey, with roast potatoes, cranberry sauce, gravy and sage and onion stuffing ALL 	Classic naples style beef lasagne with garlic bread    ALL	Crispy fish goujons   Or Breaded chicken burger, lettuce and tomato    with chips
	2	Sticky chinese sweet chilli vegetables with rice  	Roasted root vegetable crunchy cheese top pasta bake   	Winter vegetable Puff pastry Roulade with Salad   	Authentic mexican vegetable and bean burrito with rice and cheese   	Aromatic black chickpea and vegetable curry with rice    
Vegetable Choices		Broccoli and Sweetcorn	Cauliflower / carrots	Green beans	Coleslaw/Salad	Peas/ beans/ Salad
Jacket Potatoes	3	Jacket potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes
Fillings Please choose one choice		Cheese/Tuna/ Beans	Cheese/Tuna/ Beans	Cheese/Tuna/ Beans	Cheese/Tuna/ Beans	Cheese/Tuna/ Beans
Dessert		Lemon Sponge    	Sticky plum flapjack 	Sultana and apple crumble cake 	Orange and raspberry cake    	Double chocolate cookie    
Snack Bar		Panini  	Panini  	Panini  	Panini  	Panini  
Pasta Bar		Bacon carbonara    or Tomato and basil 	Curried chicken  or Sweet and sour veg  	BBQ sausage  ALL or Vegetables passata 	Pesto chicken  or Cheese sauce    	Beef bolognaise    ALL or Spicy bean 

Week 2						
		Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	1	Authentic Indian chicken tikka masala with rice and naan bread  	English classic beef cottage pie with smooth mash ALL	Roast Pork with roast potatoes, apple sauce and crackling ALL	Oven baked gammon steak with pineapple with saute potatoes	Crispy cod bites   or Wholemeal cheese and tomato pizza   with skinny fries
	2	Warming root vegetable pasta bake  	Flakey cheese and onion puff pastry savoury    	Italian penne pasta provencal with garlic bread   	Roast vegetables with a crunchy crumble top   	Mexican sweet chilli vegetable quesadilla  
Vegetable Choices		Carrots / Roasted Broccoli	Green beans / Cauliflower	Coleslaw / Sweetcorn	Mixed Salad/ peas	Peas/ beans and Salad
Jacket Potatoes	3	Jacket potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes
Fillings please choose one choice		Cheese/Tuna/ Beans	Cheese/Tuna/ Beans	Cheese/Tuna/ Beans	Cheese/Tuna/ Beans	Cheese/Tuna/ Beans
Dessert		Banoffee Sponge traybake     	Millionaires shortbread    	Carrot cake    	Coconut and strawberry jam sponge slice     	White chocolate cookie    
Snack Bar		Panini  	Panini  	Panini  	Panini  	Panini  
Pasta Bar		Ham and Tomato or Cheese and black pepper   	Spicy chicken and  vegetable or Tomato and olive 	Turkey and cheese   Or Garlic and mixed bean 	Bacon, mushroom   or Tomato and herb 	BBQ chicken  or Vegetable marinara 

Week 3

		Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	1	Buttery cornish beef and vegetable puff pastry savoury with garlic wedges    	Louisiana style pulled pork and mixed pepper Jambalaya ALL 	Aromatic lemon and mixed herb roasted chicken, roast potatoes and gravy ALL	Classic Swedish Style meatballs in a rich tomato sauce with rice   	Succulent fishcake   Or Hotdog     With chips
	2	Mildly spiced mexican vegetable chilli and rice  	Mixed bean & roasted vegetable lasagne       	Warming quorn and vegetable casserole  	Flakey cheese and tomato pinwheel & potato puffs     	Crispy topped paprika Mac N' Cheese      
Vegetable Choices		Coleslaw / Soya green beans	Carrots / peas	Broccoli / Cauliflower	Sweetcorn / Cabbage	Peas/ beans and Salad
Jacket Potatoes	3	Jacket potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes
Fillings Please choose one choice		Cheese/Tuna/ Beans	Cheese/Tuna/ Beans	Cheese/Tuna/ Beans	Cheese/Tuna/ Beans	Cheese/Tuna/ Beans
Dessert		Apple cake    	Sultana flapjack 	Victoria sponge slice    	Mixed fruit shortbread 	Milk chocolate cookie    
Snack Bar		Panini  	Panini  	Panini  	Panini  	Panini  
Pasta Bar		Bolognaise ALL    or Basil pesto   	BBQ chicken  or Cheese sauce   	Curried sausage  ALL or Mushroom sauce    	Bacon and cheese   Herb and Tomato 	Meatballs in tomato sauce   

Key Allergens

Contains

May Contain



Contains **Celery**



May contain **Celery**



Contains **Gluten**



May contain **Gluten**



Contains **Egg**



May contain **Egg**



Contains **Fish**



May contain **Fish**



Contains **Lupin**



May contain **Lupin**



Contains **Dairy**
















May contain **Dairy**



Contains **Mustard**



May contain **Mustard**

	Contains Peanuts		May contain Peanuts
	Contains Sesame		May contain Sesame
	Contains Soya		May contain Soya
	Contains Sulphates		May contain Sulphates
	Contains Nuts		May contain Nuts
	Suitable for Gluten Free	ALL	May contain ALL Allergens
	Vegetarian		
	Vegan		