

### Main Meal

OPTION 1  
OPTION 2

### Veggies

### Pasta

### Filled Rolls

### Sweet Treats

| Monday                               | Tuesday                                   | Wednesday                                      | Thursday                                                 | Friday                                    |
|--------------------------------------|-------------------------------------------|------------------------------------------------|----------------------------------------------------------|-------------------------------------------|
| Margherita pizza & oven baked wedges | Mixed bean bolognaise with penne pasta    | Vegetable sausages with roast potatoes & gravy | Pea-powered vegetable stir fry with carrot rice          | Vegetable nuggets, chips & tomato ketchup |
| Pepperoni pizza & oven baked wedges  | Beef & lentil bolognaise with penne pasta | Roast gammon with roast potatoes & gravy       | Creamy coconut chicken & chickpea curry with carrot rice | Fish fingers, chips & tomato ketchup      |
| Broccoli                             | Carrots & peas                            | Carrot & cabbage                               | Broccoli & cauliflower                                   | 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                       | Baked apple & cinnamon sponge                            | Strawberry yogurt & strawberry sauce      |

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

KEY

Wholegrain Vegetarian

Nutritionist's Choice Vegan

### Main Meal

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OPTION 2

### Veggies

### Pasta

### Filled Rolls

### Sweet Treats

| Monday                                 | Tuesday                                   | Wednesday                                   | Thursday                                             | Friday                                     |
|----------------------------------------|-------------------------------------------|---------------------------------------------|------------------------------------------------------|--------------------------------------------|
| Margherita pizza & oven baked wedges   | Pea-powered vegetable pie & new potatoes  | Cheesy cauliflower pasta bake               | Lentil & sweet potato dahl with vegetable rice       | Vegetable sausages, chips & tomato ketchup |
| Tomato, spinach & salmon pasta         | Chicken & vegetable pie with new potatoes | Roast turkey breast, roast potatoes & gravy | Lemon & herb chicken with chickpeas & vegetable rice | Fish & chips with tomato ketchup           |
| Broccoli                               | Peas                                      | Carrots & cauliflower                       | Selection from the salad bar                         | Peas                                       |
| Penne pasta with a creamy cheese sauce | Penne pasta with house tomato 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                           |
| Watermelon wedge                       | Oaty apple crumble & custard              | Chocolate mousse                            | Carrot cake with orange glaze                        | Raspberry jelly & mandarins                |

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### KEY

Wholegrain



Vegetarian



Nutritionist's Choice



Vegan



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### Veggies

### Pasta

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### Sweet Treats

| Monday                                                                                                                          | Tuesday                                                                                                                             | Wednesday                                                                                                                          | Thursday                                                                                                                  | Friday                                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| Pea-powered mild chilli with rice              | Vegetable sausages & mashed potatoes with gravy  | Roast Quorn fillet with roast potatoes & gravy  | Baked creamy mac 'n' cheese            | Quorn dippers, chips & tomato ketchup  |
| Mild beef & lentil chilli con carne with rice  | Pork sausages (beef casing) with mashed potatoes & gravy                                                                            | Roast chicken breast, roast potatoes & gravy                                                                                       | BBQ chicken loaded mac 'n' cheese                                                                                         | Fish fingers, chips & tomato ketchup                                                                                      |
| Sweetcorn                                      | Peas & carrots                                   | Broccoli & carrots                              | Selection from the salad bar           | Baked beans                            |
| Penne pasta with a creamy cheese sauce       | Penne pasta with house tomato sauce            | Penne pasta with a creamy cheese sauce        | Penne pasta with house tomato sauce  | Creamy pesto penne pasta             |
| Ham Cheese Tuna mayo                                                                                                            | Ham Cheese Tuna mayo                                                                                                                | Ham Cheese Tuna mayo                                                                                                               | Ham Cheese Tuna mayo                                                                                                      | Cheese Tuna mayo                                                                                                          |
| Chocolate shortbread                         | Apple & summer berry crumble with custard      | Strawberry yogurt & strawberry sauce          | Raspberry jelly & mandarins          | Chocolate fruit crispie cake         |

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KEY

Wholegrain  Vegetarian 

Nutritionist's Choice  Vegan 