

## WEEK ONE:

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Pasta with a rustic tomato, herb and lentil sauce and grated cheese	Homemade Pizza Cheese and tomato Or Pepperoni	Chicken Tikka Masala	Pork sausage in a petit pain roll	Omega 3 Fish fingers
<b>VEGETARIAN</b>	Mac "n" Cheese		Sweet Potato, Courgette and lentil curry	Quorn sausage in a petit pain roll	Quorn Dippers
<b>SIDES</b>	Garlic Bread Salad	Sweetcorn Salad Bar	White and wholegrain Rice Naan bread	Seasoned cubed potatoes Sweetcorn	Chips Baked beans Peas
<b>JACKET POTATO</b>	Grated Cheese Baked Beans Tuna Mayonnaise	Grated cheese Baked beans Tuna mayonnaise	Grated cheese Baked beans Tuna mayonnaise	Grated cheese Baked beans Tuna mayonnaise	Grated cheddar Baked beans Tuna mayonnaise
<b>DESSERT</b>	Fresh Fruit Low Fat Yoghurt	Ice Cream Tub	Homemade Shortbread Biscuit	American Pancakes with Maple syrup	Flap Jacks
<b>GLUTEN FREE OPTION</b>	<i>Gluten Free Pasta Gluten free garlic bread</i>	<i>Gluten Free Roll Alpro yoghurt</i>	<i>Gluten Free Shortbread Biscuit</i>	<i>Gluten Free Fairy Cake</i>	<i>Gluten free fish bites</i>

Salad bar: Tomato, cucumber, carrot, red pepper, yellow pepper, sweetcorn, black olives, green olives, silver skin onions

Semi Skimmed milk available daily

Fruit available daily  
Melon, pineapple, red and green grapes, oranges

## WEEK TWO:

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Wholegrain Pasta bolognaise with cheddar cheese	Pork and carrot meatballs in tomato sauce	Roast Chicken	Beef Burger in a bun	Chicken nuggets
<b>VEGETARIAN</b>	Vegetarian Bolognaise with cheddar Cheese	Quorn meatballs in tomato sauce	Cheese and Tomato Puff	Veggie burger in a bun	Quorn Dippers
<b>SIDES</b>	Garlic Bread	Rice Sweetcorn	Roast Potatoes Broccoli Peas	Potato wedges Salad Bar	Chips Beans Peas
<b>JACKET POTATO</b>	Grated cheese Baked beans Tuna mayonnaise	Grated cheese Baked beans Tuna mayonnaise	NO JACKET POTATO	Grated cheese Baked beans Tuna mayonnaise	Grated cheese Baked beans Tuna mayonnaise
<b>DESSERT</b>	Fat free yoghurt Fruit pots	Ice Cream Tub	Lemon Iced Sponge	Shortbread Biscuit	Chocolate Cracknell
<b>GLUTEN FREE OPTION</b>	<i>Gluten Free Pasta Gluten free garlic bread</i>	<i>Gluten free pork and Carrot meatballs</i>	<i>Gluten free fairy cake</i>	<i>Gluten free chicken in a gluten free Bun, Gluten Free Shortbread Biscuit</i>	<i>Gluten free fish bites Alpro chocolate dessert</i>

Salad bar: Tomato, cucumber, carrot, red pepper, yellow pepper, sweetcorn, green olives, silver skin onions

Semi Skimmed milk available daily

Fruit available daily  
Melon, pineapple, red and green grapes, oranges

## WEEK THREE:

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Pasta with a rustic tomato, herb and lentil sauce and grated cheese	Chilli Con Carne	Pork Sausage and Gravy	Chicken Goujons in a Wrap with BBQ sauce	Omega 3 Fish fingers
<b>VEGETARIAN</b>	Mac "n" Cheese	Vegetarian Chilli con Carne	Vegetarian Sausage	Quorn Strips in a Wrap with BBQ Sauce	Quorn Dippers
<b>SIDES</b>	Garlic Bread Salad	Rice Sweetcorn	Mash Potato Peas Beans	Seasoned Potato wedges Salad Bar	Chips Baked beans Peas
<b>JACKET POTATO</b>	Grated Cheese Baked Beans Tuna Mayonnaise	Grated Cheese Baked Beans Tuna Mayonnaise	Grated Cheese Baked Beans Tuna Mayonnaise	Grated Cheese Baked Beans Tuna Mayonnaise	Grated cheddar Baked beans Tuna mayonnaise
<b>DESSERT</b>	Fresh Fruit Low Fat Yoghurt	Chocolate Cake	Shortbread Biscuit	Chocolate Ice Cream	Jelly
<b>GLUTEN FREE OPTION</b>	<i>Gluten Free Pasta Gluten free garlic bread</i>	<i>Gluten Free Chocolate Cake</i>	<i>Gluten free Shortbread Biscuit</i>	<i>Gluten free Chicken in a Roll</i>	<i>Gluten free fish bites</i>

Salad bar: Tomato, cucumber, carrot, red pepper, yellow pepper, sweetcorn, green olives, silver skin onions

Semi Skimmed milk available daily

Fruit available daily  
Melon, pineapple, red and green grapes, oranges