

WEEK ONE

Lemon	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Wholegrain Pasta with a rustic tomato sauce topped with cheddar cheese	Chicken Burger In a Bun	Chinese Chicken Curry	Homemade pizza with pepperoni	Omega 3 Fish fingers
VEGETARIAN	Wholegrain Macaroni Cheese	Vegetable Burger In a Bun	Chinese Quorn Curry	Homemade pizza with mozzarella	Quorn Dippers
SIDES	Garlic Bread	Potato Wedges	Rice Prawn crackers	Sweetcorn Coleslaw	Chips Baked beans Peas
JACKET POTATO	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
DESSERT	Fresh Fruit Fat free yoghurt	Chocolate cake	Lemon Shortbread biscuit	Chocolate Ice cream	American Pancake's Maple syrup
GLUTEN FREE OPTION	<i>Gluten Free Pasta Gluten free garlic bread</i>	<i>Gluten Free Chicken Gluten Free Roll Gluten free Cake</i>	<i>Gluten Free Biscuit</i>	<i>Gluten free pizza base</i>	<i>Gluten Free Fish fingers Fairy Cake</i>
Salad bar: Tomato, cucumber, carrot, red pepper, yellow pepper, sweetcorn, green olives, gherkins		Semi Skimmed milk available daily		Fruit available daily Melon, pineapple, red and green grapes, oranges	

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Wholegrain Pasta a rustic tomato sauce topped with cheddar cheese	Butcher's Pork Sausage In a Petit Pain roll	Roast Chicken Yorkshire Pudding and Gravy	Pepperoni pizza	Chicken Dippers
VEGETARIAN	Wholegrain Macaroni Cheese	Quorn Vegan Sausage in a Petit Pain Roll	Cheese and Tomato Puffs	Cheese & Tomato pizza	Quorn Dippers
SIDES	Garlic Bread	Seasoned potato Wedges Sweetcorn	Roast Potato Diced Carrot Peas	Sweetcorn Coleslaw	Chips Beans Peas
JACKET POTATO	Grated cheese Baked beans Tuna mayo	Grated cheese Baked beans Tuna mayonnaise	NO JACKET POTATOES	Grated cheese Baked beans Tuna mayo	Grated cheese Baked beans Tuna mayonnaise
DESSERT	Fresh Fruit Fat free yoghurt	Chocolate Artic Roll	Vanilla Sponge With Spinkles	Raspberry Jelly (Vegetarian Jelly Available)	Homemade Chocolate Biscuit
GLUTEN FREE OPTION	<i>Gluten Free Pasta Gluten Free Garlic Bread</i>	<i>Gluten Free Sausage Gluten Free Roll</i>	<i>Gluten Free Fairy Cake</i>	<i>Gluten Free Pizza Base</i>	<i>Gluten free Chicken Gluten Free Biscuit</i>

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

Semi Skimmed milk available daily

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

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Pork and carrot Meatballs In tomato sauce	Wholegrain Pasta Bolognaise	Butchers Pork Sausage and Gravy	Chicken Fajitas in a wrap	Omega 3 Fish fingers
VEGETARIAN	Quorn Meatballs In a tomato sauce	Vegetarian Bolognese	Vegetarian Sausage	Quorn Strips Fajitas In a wrap	Quorn Dippers
SIDES	Rice Sweetcorn	Garlic Bread	Mash Potato Beans Peas	Seasoned Potato Wedges	Chips Baked beans Peas
JACKET POTATO	Grated cheese Baked beans Tuna mayo	Grated cheese Baked beans Tuna mayo	NO JACKET POTATO	Grated cheese Baked beans Tuna mayo	Grated cheddar Baked beans Tuna mayo
DESSERT	Fat free yoghurt Fruit pots	American pancakes with Maple Syrup	Flap Jacks	Chocolate and vanilla Mousse	Homemade Shortbread Biscuit
GLUTEN FREE OPTION	<i>Gluten Free Meatballs</i>	<i>Gluten Free Pasta Gluten free garlic bread</i>	Gluten Free Sausage Gluten free Fairy Cake	Gluten Free Wrap Gluten Free Chicken	Gluten Free Biscuit Gluten free Fish fingers

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