

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	W/c 16th September W/c 7th October	Pork meatballs in tomato sauce Vegan ball in tomato sauce	Cheese pizza Vegetable pasty	Fish fingers Cheese quiche	Roast gammon with sage & onion stuffing Vegetable burrito	Beef burger in a bun Quorn burger in a bun
		Spaghetti	Penne pasta	Saute potato	Roast Potatoes Mashed Potatoes	Oven baked chips
		Mixed vegetables or Salad bar	Baked beans or Salad bar	Garden peas or Salad bar	Diced carrot or Green beans	Corn on the cob or Salad Bar
		Thick & creamy yoghurt or Fresh Fruit Pot	Shortbread biscuit or Fresh Fruit Pot	Blueberry & lemon slice or Fresh fruit pot	Cinnamon rice pudding with raisins/honey or Fresh fruit pot	Chocolate orange cookie Fresh Fruit Pot or
WEEK 2	W/c 2nd September W/c 23rd September W/c 14th October	Fish fingers Cheese omlette	Pork sausage Vegan sausage	Cheese pizza Ham salad **	Sausage wrapped in bacon & Yorkshire pudding Vegan sausage	Chicken nuggets Vegetable nuggets
		Diced potato	Mashed potato	Penne pasta	Roast Potatoes or Mashed Potatoes	Oven baked chips
		Garden peas or Salad bar	Baked beans or Salad bar	Sweetcorn or Salad bar	Sliced carrots or Broccoli florets	Baked beans or Salad bar
		Carrot cake or Fresh fruit pot	Thick & creamy yoghurt or Fresh fruit pot	Strawberry yogurt cake & pink custard or Fresh Fruit Pot	Semolina pudding with honey/raisins or Fresh fruit pot	Iced sponge or Fresh fruit pot
WEEK 3	W/c 9th September W/c 30th September W/c 21st October	Ham wrap with crisps and cucumber **	Tomato and basil pasta Ham and cheese toastie	Spanish style chicken Jacket potato with barbeque beans	Roast turkey, gravy & sage and onion stuffing Vegan fillet	Sausage Roll Cheese & Onion Roll
		Jacket potato with cheese and tuna & mixed salad **	Potato wedges	Brown rice	Roast Potatoes Mashed Potatoes	Oven Baked Chips
			Corn on the cob or Salad bar	Mixed vegetables or Salad Bar	Vegetable medley	Baked Beans Salad Bar
		H/M Apple crumble & custard or Cheese and crackers	Thick & creamy yoghurt Fresh Fruit Pot	Fruit flapjack or Fresh Fruit Pot	Strawberry mousse or Fresh fruit pot	Vanilla ice cream with chocolate sauce or Fresh fruit pot

\*\* Includes Carbs

H/M = Homemade

MSC = Marine Stewardship Council Certified sustainable seafood

Salad available daily



