

Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Fish Option	Spaghetti Bolognese Minced Beef in a Tomato & Herb Sauce	Roast Chicken 100% Chicken Breast With Stuffing or Yorkshire puddings	Wholewheat Pizza Pepperoni	Meatballsp Pork & Beef Meatballs served in a slightly Spicy Tomato Sauce	100% Cod Fillet of Fish
Vegetarian Option	Vegetable Bolognese Minced Quorn in a Tomato & Herb Sauce	Vegetable Burritos Mixed Julienne Vegetables in a Spicy Sauce Wrapped in a Tortilla	Wholewheat Pizza Mixed Vegetable or Margarita	Quorn Meatballs In a Slightly Spicy tomato Sauce	Cheese & Onion Pasty Mixed Cheese & Onions in a Shortcrust Pastry
Vegetables	Carrot Batons Salad	Mixed Country Vegetables Salad	Sweetcorn Salad	Mixed Vegetables Garden Peas	Garden Peas Baked Beans
Carbohydrate	Spaghetti	Roast Potatoes	Potato Wedges	Tri Colour Fusilli	Low Fat Chips
Jacket or Pasta	Vegetable Ragu	Chargrilled Vegetables	BBQ Mixed Beans	Tomato Sauce	Coleslaw
Sweet Choice	Sponge Cake & Custard Yoghurt Fresh Fruit Slices	Fresh Fruit Salad Jelly Fresh Fruit Slices	Almond Crunch Yoghurt Fresh Fruit Slices	Chocolate Cracknell Fresh Fruit Slices Cheese & Crackers	Iced Buns Yoghurt Fresh Fruit Slices
Salad Bar Specials	Moroccan Cous Cous	Mixed Olive & Sundried Tomato	Quinoa & Rice Salad	Mixed Bean & Feta	Roasted Vegetable
Daily Salad Bar	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot

Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Fish Option	Beef Chilli Minced Beef & Kidney Beans in Mild Chilli Sauce	Chicken Grill 100% Chicken Breast	Pork Sausages Premium British Sausages	Chicken Sweet & Sour 100% Chicken Breast in a Chinese Sweet & Sour Sauce	100% Salmon Fish Cake
Vegetarian Option	Vegetable Risotto Vegetables Oven Roasted then Cooked in Vegetable Risotto	Mediterranean Vegetable Pasta Bake Mediterranean Vegetables and Cheese in Pasta	Quorn Sausages Seasonal Vegetables Rice with mild Curry Spices	Quorn Lasagne Quorn in Tomato Sauce with White sauce Between Layers of Pasta	Cheese & Onion Quiche Shortcrust Pastry with Cheese & Onion Filling
Vegetables	Sweetcorn Salad	Carrot Batons Garden Peas	Mixed Vegetables BBQ Mixed Beans	Oriental Vegetables Salad	Garden Peas Baked Beans
Carbohydrate	Fluffy Boiled Rice	Skin on Potato Wedges	Pasta Spirals	Fluffy Rice or Noodles	Low Fat Chips
Jacket Or Pasta	Vegetable Ragu	BBQ Beans	Vegetable Chilli	Tomato Sauce	Coleslaw
Sweet Choice	Fruit Sponge & Custard Yoghurt Fresh Fruit Slices	Fresh Fruit Salad Jelly Fresh Fruit Slices	Fruitti Flapjack Yoghurt Fresh Fruit Slices	Chocolate Cake Fresh Fruit Slices Cheese & Crackers	Jam Tart Yoghurt Fresh Fruit Slices
Salad Bar Specials	Moroccan Cous Cous	Mozzarella & Tomato	Fruity Pasta Salad	Roasted Vegetables	Provençale Beans
Daily Salad Bar	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot

Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Fish Option	Macaroni Cheese Creamy Cheesy Macaroni in a Cheese Sauce	Chicken Fajita's 100% Chicken Breast in a Piquant Mexican Sauce	Beef HotPot Diced Beef and Vegetables With a Sliced Potato Topping	Chicken Curry 100% Chicken Breast in a Mild Curry Sauce	100% Cod Fish Fingers
Vegetarian Option	Vegetable Pasta Bake Mixed Vegetables in a Paprika Sauce	Vegetable Fajita's Mixed Vegetables in a Spicy Sauce	Piri Piri Quorn Quorn Pieces with Beans in a Piri Piri Sauce	Quorn Jambalaya Quorn and Vegetables with Rice in a Cajun Sauce	Quorn Dippers Quorn Pieces in a Crispy Crumb
Vegetables	Broccoli Florets Winter Greens	Mixed Vegetables Salad	Garden Peas Sweetcorn	Green Beans Vegetable Medley	Garden Peas Baked Beans
Carbohydrate	Pasta	Fluffy Boiled Rice	Sliced Potatoes	50/50 Rice	Low Fat Chips
Jacket or Pasta	Vegetarian Pesto	Chargrilled Vegetables	Baked Beans	Tomato Sauce	Coleslaw
Sweet Choice	Sponge Cake & Custard Yoghurt Fresh Fruit Slices	Fresh Fruit Salad Yoghurt Jelly Fresh Fruit Slices	Mousse Yoghurt Fresh Fruit Slices	Lemon Drizzle Cake Fresh Fruit Slices Cheese & Crackers	Chocolate Chip Shortbread Yoghurt Fresh Fruit Slices
Salad Bar Specials	Moroccan Cous Cous	Curried Rice Salad	Pasta Salad	Roasted Vegetables	Fruity Coleslaw
Daily Salad Bar	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot