

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 served with pigs in blankets	Pork Sausages Premium pork sausages	Macaroni Cheese Macaroni Served with a Creamy Cheesy Sauce	100% Cod fish finger
Vegetarian Option	Vegetable Bolognese Minced Quorn in a Tomato & Herb Sauce	Vegetable Roast Seasoned Quorn in a vegetable gravy	Quorn Sausages Quorn and Herb sausage	Quorn Meatballs In a Slightly Spicy tomato Sauce	Cheese & Onion Pasty Mixed Cheese & Onions in a Shortcrust Pastry
Vegetables	Carrot Batons Salad	Fresh seasonal vegetables	Green Beans Salad	Mixed Vegetables Garden Peas	Garden Peas Baked Beans
Carbohydrate	Spaghetti	Roast Potatoes	Fusilli Pasta	Macaroni	Low Fat Chips
Jacket or Pasta	Vegetable Ragù	Chargrilled Vegetables	BBQ Mixed Beans	Tomato Sauce	Coleslaw
Sweet Choice	Sponge Cake Yoghurt Fresh Fruit Slices	Yogurt Fresh Fruit Salad Fresh Fruit Slices	Blueberry Muffins Yoghurt Fresh Fruit Slices	Jelly Fresh Fruit Slices Cheese & Crackers	Fruity Shortbread Yoghurt Fresh Fruit Slices
Salad Bar Specials	Moroccan Cous Cous	Mixed Olive & Sundried Tomato	Pesto Pasta Salad	Mixed Bean & Feta	Florida 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

Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Fish Option	Chicken Curry Chicken Breast in a mild curry sauce	Whole-wheat Pepperoni Pizza Whole-wheat Base With Cheese Pepperoni & Tomato Topping	Roast Chicken Chicken Breast Served With Yorkshire puddings	Savoury Mince Minced Beef in a Tomato Sauce With Vegetables	100% Salmon Fish Cake
Vegetarian Option	Vegetable Curry vegetables in a mild curry sauce	Whole-wheat Margarita Pizza Whole-wheat Pizza With Cheese & Tomato Topping	Quorn Roast Seasoned Quorn in Vegetable gravy	Roast vegetable Bake Roast vegetables in a tomato sauce	Cheese & Onion Quiche Shortcrust Pastry with Cheese & Onion Filling
Vegetables	Green Beans Salad	Sweetcorn Garden Peas	Seasonal fresh vegetables	Seasonal Vegetables Salad	Garden Peas Baked Beans
Carbohydrate	Fluffy Boiled Rice	Curly Fries	Roast Potatoes	Fluffy Rice or Pasta	Low Fat Chips
Jacket Or Pasta	Vegetable Ragu	BBQ Beans	Vegetable Chilli	Tomato Sauce	Coleslaw
Sweet Choice	Fruit Sponge Yoghurt Fresh Fruit Slices	Yogurt Fresh Fruit Salad Fresh Fruit Slices	Frozen fruit Smoothie Yoghurt Fresh Fruit Slices	Chocolate Cracknell Fresh Fruit Slices Cheese & Crackers	Iced Buns Yoghurt Fresh Fruit Slices
Salad Bar Specials	Moroccan Cous Cous	Mozzarella & Tomato	Pesto Pasta Salad	Edamame Bean Salad	Florida 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

Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Fish Option	Beef Chilli Minced beef in a Spicy Chilli Sauce	Chicken Goujons 100% Chicken Breast in a Whole-wheat Crumb	Meatballs Italian meatballs in a tomato sauce	Roast Chicken Chicken breast in gravy served with stuffing balls	100% Cod Fish Fingers
Vegetarian Option	Vegetable Pasta Bake Mixed Vegetables in a Paprika Sauce	Vegetable Dippers Quorn in A Southern Style Crumb	Vegetable Quorn Meatballs Quorn meatballs in a tomato sauce	Quorn Roast Seasoned Quorn in a vegetable gravy served with stuffing balls	Quorn Dippers Quorn Pieces in a Crispy Crumb
Vegetables	Sweetcorn Winter Greens	Mixed Vegetables Salad	Garden Peas Sweetcorn	Seasonal Fresh Vegetables	Garden Peas Baked Beans
Carbohydrate	50/50 Fluffy Rice	Diced Potatoes	Pasta	Roast Potatoes	Low Fat Chips
Jacket or Pasta	Vegetarian Pesto	Chargrilled Vegetables	Baked Beans	Tomato sauce	Coleslaw
Sweet Choice	Sponge Cake Yoghurt Fresh Fruit Slices	Fresh Fruit Salad Yoghurt Fresh Fruit Slices	Mousse Yoghurt Fresh Fruit Slices	Lemon Drizzle Cake Fresh Fruit Slices Cheese & Crackers	Ice Cream Yoghurt Fresh Fruit Slices
Salad Bar Specials	Moroccan Cous Cous	Curried Rice Salad	Pest Pasta Salad	Edamame Bean Salad	Florida 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