



WEEK 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat based option	Hand finished tomato and mozzarella pizza with potato dumplings in tomato and vegetable sauce and mixed salad	Pork sausages, creamy mashed potatoes, mixed vegetables and gravy	Roast chicken, Yorkshire pudding, roasted potatoes broccoli and steamed carrots	Beef bolognese, pasta and garlic bread and mixed salad	Omega 3 fish fingers, potato twists and peas
Vegetarian		Mexican veggie and bean stew, rice and tortilla wrap	Quorn Singapore vegetables noodles	Broccoli and cheese handmade puff pastry parcel, mixed vegetables, potatoes and gravy	Baked onion and potato bhaji, pitta bread, salad and yogurt sauce
Jacket Potato served with mixed salad and choice of filler	Cheddar cheese Coleslaw Baked beans	Mexican veggie and bean stew Cheddar cheese Tuna mayo	Cheddar cheese Tuna mayo Coleslaw	Beef bolognese Cheddar cheese Tuna mayo	Cheddar cheese Baked beans Coleslaw
Dessert	Fruity cake with vanilla custard Whole fruit or prepared fruit salad Yogurt	Ginger biscuit snap Whole fruit or prepared fruit salad Cheese and crackers	Lemon drizzle muffin Whole or prepared fruit salad Yogurt	Ice cream and fruit salad Whole or prepared fruit salad Cheese and crackers	Strawberry tray bake Whole or prepared fruit salad Yogurt
Available daily:	Selection of breads, Mixed salad or crudities (cucumber & carrot sticks), Water or milk				

WC: 05/09/22, 26/09/22, 17/10/22, 14/11/22, 05/12/22, 09/01/23, 30/01/23, 27/02/23, 20/03/23, 24/04/23, 15/05/23, 12/06/23, 03/07/23

WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat based option	Pasta twists in Italian tomato sauce, garlic bread and mixed salad	Beef burger in a bun, seasoned wedges and salad	Roast pork, stuffing, roast potatoes, steamed cabbage and carrots	Katsu marinated tender chicken pieces in creamy coconut curry, steamed rice, mini naan bread and mixed vegetables	Battered fish fillet, chips and peas
Vegetarian		Cauliflower mac and cheese, garlic bread and salad	BBQ Baked beans, rice and flat bread	Free range omelette, seasoned potatoes and mixed vegetables	Homemade quiche of the day, mixed salad and vegetable rice
Jacket Potato served with mixed salad and choice of filler	Cheddar cheese Tuna mayo Coleslaw	Tuna mayo Cheddar cheese Baked beans	BBQ beans Cheddar cheese Coleslaw	Chicken curry Cheddar cheese Tuna mayo	Cheddar cheese Coleslaw Baked beans
Dessert	Sticky toffee and apple cake with custard Whole fruit or prepared fruit salad Yogurt	Fruit smoothie Whole fruit or prepared fruit salad Cheese and crackers	Shortbread biscuit Whole fruit or prepared fruit salad Yogurt	Carrots and orange muffin Whole fruit or prepared fruit salad Cheese and crackers	Peach and jam puff pastry Whole fruit or prepared fruit salad Yogurt
Available daily:	Selection of breads, Mixed salad or crudities (cucumber & carrot sticks), Water or milk				

WC: 12/09/22, 03/10/22, 31/10/22, 21/11/22, 12/12/22, 16/01/23, 06/02/22, 06/03/22, 27/03/22, 01/05/22, 22/05/22, 19/06/23, 10/07/23

WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat based option	Hand finished vegetable pizza with hand cut potato wedges	Handmade sausage roll, gravy, garlic and herb scented new potatoes	Beef mince and dumplings, steamed new potatoes and mixed vegetables	Sweet chilli chicken wrap, salad, Mexican rice and garlic mayo	Fish cake, hand cut potato wedges, baked beans and mixed salad
Vegetarian		Creamy chickpea and cauliflower curry, steamed rice and naan bread	Veggie lasagne, garlic bread and salad	Quorn sausages, gravy, roasted potatoes, mixed vegetables and Yorkshire pudding	Handmade veggie burger in a bun, paprika roasted potatoes mixed salad and garlic sauce
Jacket Potato served with mixed salad and choice of filler	Cheddar cheese Tuna mayo Baked beans	Chickpea and cauliflower curry Cheddar cheese Coleslaw	Savoury minced beef Baked beans Cheddar cheese	Baked beans Cheddar cheese Tuna mayo	Cheddar cheese Coleslaw Baked beans
Dessert	Pineapple upside down cake with custard Whole fruit or prepared fruit salad Yogurt	Mini pavlova cloud topped with chocolate mousse and fruits Whole fruit or prepared fruit salad Cheese and crackers	Jelly and fruit salad Whole fruit or prepared fruit salad Yogurt	Brownie traybake Whole fruit or prepared fruit salad Cheese and crackers	Fruity Friday' - selection of whole fruit and fruit salad Cheese and crackers Yogurt
Available daily:	Selection of breads, Mixed salad or crudities (cucumber & carrot sticks), Water or milk				

WC: 19/09/22, 10/10/22, 07/11/22, 28/11/22, 19/12/22, 23/01/23, 13/02/23, 13/03/23, 17/04/23, 08/05/22, 05/06/23, 26/06/23, 17/07/23

