

**Week 1 :**

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Option	Creamy pasta carbonara with ham and garlic bread	Roast chicken breast, Yorkshire pudding, mashed potatoes, gravy and vegetable medley	Pork casserole, roast potatoes, savoy cabbage and carrots	Chicken curry with rice and naan bread	Birds Eye omega 3 fish fingers with chips and peas
Vegetarian Option	Pizza margherita, hand cut potato wedges and mixed salad	Peas and potato omelette bake with steamed vegetables	Cheese and tomato flat bread, garlic and herb potatoes served with salad or seasonal vegetables	Quorn meat balls, mashed potatoes, gravy and vegetable medley	Chinese style noodles
Sandwich Option	Tuna Wrap	Sweet chilli chicken and salad Wrap	Ham Baguette	Cheese Wrap	Tuna sandwich
Jacket Potatoes	Oven baked, golden jacket potatoes, generously stuffed with choice of the following (subject to change): tuna, traditional baked beans in tomato sauce (V), freshly grated cheddar cheese (V); seasonal coleslaw (V);				
Dessert	Strawberry smoothie	Chocolate and raspberry brownie cookie	Pineapple and coconut upside down cake with custard	Pear and apple turnover	Jelly and fruit
ADDITIONAL DESSERTS options available daily to choose from: raisins, fruit salads, fresh fruits, yoghurts, cheese & crackers					
SALAD BAR (Your child's 5 a day top up station) – Freshly prepared salad bar items such as cucumber sticks, mixed peppers sticks, tomatoes, sweetcorn, lettuce, beetroot, potato or pasta salads, hummus, cous cous, etc. (minimum 5 items available daily)					
Week commencing: 02/09, 23/09, 14/10, 11/11, 02/12, 06/01, 27/01, 24/02, 16/03, 20/04, 11/05, 08/06, 29/06, 20/07					

Week 2:

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Option	Pork meatballs in tomato sauce with pasta, peas and carrots	Minced beef and dumpling, steamed new potatoes and vegetable medley	Roast turkey with Yorkshire pudding, mashed potatoes, gravy and vegetables	Beef burger in a whole meal bun, hand cut wedges, tomato and iceberg salad or vegetable medley	Crispy battered salmon fillet with chips and peas
Vegetarian Option	Vegetable and chick pea curry with rice and mini naan	Sweet potato and bean tortilla parcel, steamed rice and vegetables	Penne pasta marinara bake with broccoli and garlic bread	Cauliflower cheese and puff pastry tart, tomato rice and seasonal vegetables	Traditional quiche with chips, peas or salad
Sandwich Option	Tuna Wrap	Sweet chilli chicken and salad Wrap	Ham Baguette	Cheese Wrap	Tuna sandwich
Jacket Potatoes	Oven baked, golden jacket potatoes, generously stuffed with choice of the following (subject to change): tuna, traditional baked beans in tomato sauce (V), freshly grated cheddar cheese (V); seasonal coleslaw (V);				
Dessert	Oat and raisin cookie	Cornflake cups	Waffles and stewed fruit	Apple toffee cake	Chocolate ice cream and fruit
ADDITIONAL DESSERTS options available daily to choose from: raisins, fruit salads, fresh fruits, yoghurts, cheese & crackers					
SALAD BAR (Your child's 5 a day top up station) – Freshly prepared salad bar items such as cucumber sticks, mixed peppers sticks, tomatoes, sweetcorn, lettuce, beetroot, potato or pasta salads, hummus, cous cous, etc. (minimum 5 items available daily)					
Week commencing: 09/09, 30/09, 28/10, 18/11, 09/12, 13/01, 03/02, 02/03, 23/03, 27/04, 18/05, 15/06, 06/07					

Week 3:

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Option	Sweet chilli chicken fajita wrap, steamed rainbow rice and sweetcorn	Sausage and mash with onion gravy and seasonal vegetables	Beef Bolognese with wholemeal penne pasta, mixed vegetables and handmade garlic doughball	Chicken tikka and mozzarella topped naan bread melt, rainbow rice, sweetcorn and cucumber salad	Battered cod fillet with chips and peas
Vegetarian Option	Pizza margherita served with pasta and vegetable salad	Vegetable and Quorn stir-fry with fluffy rice	Cheese and onion potato shells with BBQ beans and salad	Vegetarian pie, savoy cabbage and new potatoes	Handmade veggie burger, chips, gravy and peas
Sandwich Option	Tuna Wrap	Sweet chilli chicken and salad Wrap	Ham Baguette	Cheese Wrap	Tuna sandwich
Jacket Potatoes	Oven baked, golden jacket potatoes, generously stuffed with choice of the following (subject to change): tuna, traditional baked beans in tomato sauce (V), freshly grated cheddar cheese (V); seasonal coleslaw (V);				
Dessert	Banana and cinnamon muffin	Shortbread biscuit	Strawberry and lemon drizzle cake	Layered pear and chocolate mousse	Fruity Friday: selection of fresh fruits or mixed fruit salad
ADDITIONAL DESSERTS options available daily to choose from: raisins, fruit salads, fresh fruits, yoghurts, cheese & crackers					
SALAD BAR (Your child's 5 a day top up station) – Freshly prepared salad bar items such as cucumber sticks, mixed peppers sticks, tomatoes, sweetcorn, lettuce, beetroot, potato or pasta salads, hummus, cous cous, etc. (minimum 5 items available daily)					
Week commencing: 16/09, 07/10, 04/11, 25/11, 16/12, 20/01, 10/02, 09/03, 30/03, 04/05, 01/06, 22/06, 13/07					

