



WEEK 1

Meat-free Mondays

06/09, 27/09, 18/10, 15/11, 06/12

Option 1

Monday
Cheddar and Caramelized Red Onion Quiche served with New Potatoes

Tuesday

Chicken, Tomato and Pepper Bake served with Steamed Rice



No Added Sugar Wednesdays

Wednesday

Roast Chicken served with Stuffing, Roast Potatoes and Gravy

Thursday

Organic Beef Keema served with Wholemeal Pitta

Friday

Breaded Fish served with Chips

Option 2 Vegetarian

Vegetarian Sausage (Ve) served with Mashed Potato and Gravy

Macaroni Cheese

Sweet Potato and Lentil Wellington served with Roast Potatoes

Tandoori Vegetables served with Wholemeal Pitta

Quorn Nuggets served with Chips (Ve)

Option 3

Tomato and Basil Pasta (Ve)

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw

Roasted Red Pepper Pasta (Ve)

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw

Neapolitan Pasta (Ve)

Vegetables

Roasted Root Vegetables

Carrots Garden Peas

Sweetcorn Steamed Cabbage

Green Beans Carrots

Garden Peas Baked Beans

Dessert

Fruit Slushy (Ve)

Iced Lemon Sponge

Fruit Salad (Ve)

Apple and Cinnamon Sponge with Custard

Orange Shortbread (Ve)

WEEK 2

13/09, 04/10, 01/11, 22/11, 13/12

Option 1

Monday
Cheese and Tomato Pizza served with Potato Wedges

Tuesday

Minced Organic Beef Pie served with New Potatoes

Wednesday

Chicken Sausage Hot Dog

Thursday

Chicken Tikka Masala served with Steamed Rice

Friday

Fish Fingers or Salmon Fish Fingers served with Chips

Option 2 Vegetarian

Red Pepper and Sweetcorn Pizza served with Potato Wedges

Spanish Omelette served with New Potatoes

Vegetarian Sausage Hot Dog (Ve)

Mexican Rice Wrap (Ve)

Cheese and Tomato Turnover served with Chips

Option 3

Spicy Tomato Pasta (Ve)

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw

Tomato and Basil Pasta (Ve)

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw

Tomato and Mushroom Pasta (Ve)

Vegetables

Broccoli Sweetcorn

Carrots Garden Peas

Green Beans Carrots

Medley of Vegetables

Garden Peas Baked Beans

Dessert

Fruit Slushy (Ve)

Peach Sponge with Custard

Fruit Salad (Ve)

Vanilla, Honey and Yoghurt Cake

Date and Cocoa Brownie

WEEK 3

20/09, 11/10, 08/11, 29/11

Option 1

Monday
Vegetable and Bean Jambalaya (Ve)

Tuesday

Organic Beef Bolognese served with Spaghetti

Wednesday

Roast Turkey served with Stuffing, Roast Potatoes and Gravy

Thursday

Chicken Balti served with Steamed Rice

Friday

Breaded Fish served with Chips

Option 2 Vegetarian

Cheese, Leek and Potato Pie

Vegetarian Bolognese served with Spaghetti (Ve)

Roast Quorn served with Stuffing, Roast Potatoes and Gravy

Vegetable and Chick Pea Korma served with Steamed Rice

Vegetable Nuggets served with Chips (Ve)

Option 3

Roasted Vegetable Pasta (Ve)

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw

Cheesy Tomato Pasta Bake

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw

Tomato and Basil Pasta (Ve)

Vegetables

Garden Peas Carrots

Cauliflower Sweetcorn

Butternut Squash Green Beans

Sweetcorn Carrots

Garden Peas Baked Beans

Dessert

Fruit Slushy (Ve)

Pear and Chocolate Sponge with Custard

Fruit Salad (Ve)

Fruity Cookie (Ve)

Bakewell Tart

LOOK FOR THE SUGAR SHERIFF THESE MEALS ARE COMPLETELY FREE FROM ADDED SUGAR!



Freshly Baked Bread, Salad Bar, Yoghurt and Fresh Fruit are available daily

THIS MENU SUPPORTS:

