

	WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<b>Main</b>	Jacket potato with cheese, tuna mayo and/or beans	Quorn 'Meat'balls	Pizza	<u>Curry Club</u> Chick pea Korma or Dansak	Mac 'n' Cheese
	<b>With</b>	Prawn Marie rose	Chipped potatoes or spaghetti		Basmati rice	Tuna
	<b>Veg</b>	Carrots & Sultanas	Broccoli	Coleslaw	Broccoli and cauliflower	Green beans
	<b>Salad</b>	Salad bar (selection of lettuce leaves, tomatoes, cucumber, grated carrots, cabbage, and sweetcorn.)				
	<b>Dressing</b>		Vegetable gravy			
	<b>Dessert</b>	Banana	Yoghurt, berries and granola bar	Apples	Orange	Pears
	<b>Bread/Alt</b>		*alt option tomato pasta with meatballs		Naan bread *alt jacket potato	*alt tomato sauce
	<b>Allergen Friendly</b>	Lacto, soya and dairy free cheese.	GF 'soya balls'	GF bread		GF pasta, lacto and dairy free cheese
Tea	<b>Main</b>	Vegetable pasta bake	Beans (RSRS*) and/or avocado on wholemeal toast	Homemade Cullen skink soup with optional smoked fish	Fresh sandwich selection	Homemade lentil and vegetable soup of the day
	<b>Dessert</b>	Greek yoghurt & honey	Homemade rice pudding	Fresh fruit	Natural yoghurt & summer berries	Homemade banana loaf with butter

	WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<b>Main</b>	<u>Pasta Bar</u> Penne salmone, carbonara or pomodoro	Soya chilli con carne and/or 5 bean chilli	Vegetable Sausage	Pesto linguine and/or tuna pasta bake	Breaded fish goujons
	<b>With</b>	Smoked salmon	Brown rice & tortilla chips	Mash		Potatoes
	<b>Veg</b>	Green beans	Sweetcorn	Peas	Boiled carrots	Beans and/or petit pois
	<b>Salad</b>	Salad bar (selection of lettuce leaves, tomatoes, cucumber, grated carrot, cabbage, and sweetcorn.)				
	<b>Dressing</b>	Grated parmesan	Sour cream	Homemade vegetable gravy		Pickles & gherkins
	<b>Dessert</b>	Banana	Yoghurt, berries and granola bar	Oranges	Apple	Pears
	<b>Bread</b>		*alt option Jacket potato			Buttered bread rolls
	<b>Allergen Friendly</b>	Dairy, soya and lacto free cheese			Dairy and lacto free cheese	Vegetable goujons, dairy free mash
Tea	<b>Main</b>	Wholemeal pittas & hummus with cucumber and carrot to dip	Tuna & sweetcorn salad	Wholemeal cheese wraps with tzatziki and salad	Fresh sandwich selection	Homemade tomato soup with bread rolls
	<b>Dessert</b>	Greek yoghurt and honey	Homemade banana loaf	Natural yoghurt and summer fruits	Homemade rice pudding	Fresh Fruit

\*Reduced salt and reduced sugar

Optional weekly/fortnightly treats – Chocolate brownies, sponge cake, fruit salads, cheese board, panna cotta and more ©