

	WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<b>Main</b>	Jacket potato	<b>Risotto</b>	<b>Quorn 'Meat'balls</b>	Chick pea Korma or Dansak	Hot/cold deli selection
	<b>With</b>	<b>Cheese</b> , tuna and/or beans	<b>Prawns</b>	'Spicy' tomato sauce & parmesan	Basmati rice	'Burgers', tuna, cheese, pickle, gherkins and more...
	<b>Veg</b>	Carrots & Sultanas	Sautéed mushrooms, roasted squash and peas	Broccoli	Broccoli and cauliflower	Seasoned wedges & <b>coleslaw</b>
	<b>Salad</b>	Salad bar (selection of lettuce leaves, tomatoes, cucumber, grated carrots, cabbage, and sweetcorn.)				
	<b>Dressing</b>			Vegetable gravy		
	<b>Dessert</b>	<b>Greek yoghurt</b> & honey	Fresh fruit	<b>Natural yoghurt</b> & winter fruits	Orange	Pears
	<b>Bread/Alt</b>				<b>Naan bread</b> *alt jacket potato	*alt tomato sauce
	<b>Allergen Friendly</b>	<b>Dairy free cheese</b> and pasta bake	<b>Vegetable rice</b>	<b>Vegetable fingers</b>		<b>GF pasta, lacto</b> and dairy free cheese
Tea	<b>Main</b>	<b>Vegetable pasta</b> bake	Beans (RSRS*) and/or avocado on wholemeal toast	Potato wedges & <b>dips</b> , hummus & carrot sticks	<b>Fresh sandwich</b> selection	Homemade lentil and vegetable soup of the day
	<b>Dessert</b>	Banana	<b>Homemade rice</b> pudding	Apples	<b>Natural yoghurt</b> & mixed berries	<b>Homemade banana</b> loaf

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

\*Reduced salt and reduced sugar

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