

MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day, Herb Salted Croutons, Chilli Flakes, Sunflower Seeds, Pumpkin Seeds				
Bread	Freshly Baked Flavoured Breads				
Main	Cumberland Pork Sausages with Onion Gravy	Crispy Kung Pao Chicken and Peppers with Sweet & Sour Sauce	Taco Wednesday Beef Chilli Con Carne, Tortilla Crisps, Jalapeños and Sour Cream	Chicken Thigh Burger with Salsa Sauce	Gluten Free Fish Fingers, Battered Fish or Chicken Sausage
Vegetarian main	Butternut Squash, Chickpeas, Beans and Lentil Pie	Black Bean with Peppers and Tofu	Spicy Mixed Bean in a Spicy Tomato Sauce, Cobettes	Vegetarian Hot Dogs with Sliced Onions	Cherry Tomatoes and Feta Parcels
	Jacket & Sweet Potatoes Available Daily				
Sides	Creamy Mash, Peas and Carrots	Egg Fried Rice, Cabbage and Pak Choy	Steamed Rice, Wraps, Tortilla Shells, Guacamole, Salsa and Sweetcorn	Skin-on Wedges, Broccoli and Green Beans	Peas, Sweetcorn and Chunky Chips
Dessert	Lemon Drizzle Sponge with Custard	Granola Yoghurt	Fruity Chocolate Flapjacks	Banoffee Pie	Chocolate Mousse
Big bowl salad	Couscous Salad	Chunky Sweetcorn Salsa	Watermelon, Feta and Mint	Beetroot and Apple Salad	Caesar Salad
Everyday salads	Tomato, Cucumber, Eggs, Mixed Leaves, Sweetcorn, Cheese, Cut Peppers, Carrot with a Selection of Dressings				
Fruit bar	Whole Fruit: Banana, Satsuma, Pears, Apples Fruit Pots: Duo of Melon, Grapes, Pineapple				
Yoghurt bar	Natural Yoghurt, Fruit Compote, Dried Fruits				


Meat Free Monday!

MENU		Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day, Herb Salted Croutons, Chilli Flakes, Sunflower Seeds, Pumpkin Seeds				
Bread	Freshly Baked Flavoured Breads				
Main	Mac 'n' Cheese with Crispy Onion Topping	Beef Chow Mein, Peppers, Carrots & Beansprouts	Roast Chicken, Yorkshire Pudding with Trimmings	Winter Turkey Casserole	Battered Fish or Battered Sausages
Vegetarian main	Halloumi, Tomato & Red Onion Wrap, Pasta Bar with Pesto Sauce & Tomato Sauce	Vegetarian Chow Mein, Cauliflower & Beans	Yorkitos with Beans and Lentils	BBQ Butternut Squash, Lentils & Bean Casserole	Mashed Chickpea Burgers
	Jacket & Sweet Potatoes Available Daily				
Sides	Carrots & Green Beans	Sweetcorn & Courgettes	Parsnips, Swede and Roast Herby Potatoes	Steamed Cabbage, Broccoli & Cauliflower	Chips, Mushy Peas & Sweetcorn
Dessert	Brownies & Cream	Marble Sponge with Chocolate Sauce	Fruit Compote & Yoghurt	Upside Down Pineapple Pudding & Custard	Date Sponge with Custard
Big bowl salad	Sliced Cucumber, Yoghurt & Mint	Tomato, Mozzarella, Red Onion and Basil	Pesto Pasta Salad	Houmous and Crudites	Mediterranean Vegetable Salad
Everyday salads	Tomato, Cucumber, Eggs, Mixed Leaves, Sweetcorn, Cheese, Cut Peppers, Carrot with a Selection of Dressings				
Fruit bar	Whole Fruit: Banana, Satsuma, Pears, Apples Fruit Pots: Duo of Melon, Grapes, Pineapple				
Yoghurt bar	Natural Yoghurt, Fruit Compote, Dried Fruits, Seeds				

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Soup	Soup of the day, Herb Salted Croutons, Chilli Flakes, Sunflower Seeds, Pumpkin Seeds				
Bread	Freshly Baked Flavoured Breads				
Main	Japanese Chicken Curry	Jerk Chicken	Roast Pork & Yorkshire Pudding with Trimmings, Red Onion and Apple Sauce	Pepperoni Pizza, Ham & Rocket Slice	Breaded Fish or Selection of Sausages
Vegetarian main	Katsu Vegetable Curry, Aubergines/ Beans & Peppers/ Cauliflower	Stuffed Butternut Squash	Tomato, Sweet Potato and Feta Parcels	Margherita Pizza, Focaccia Vegetable Slice	Mixed Bean & Butternut Squash Wellington
	Jacket & Sweet Potatoes Available Daily				
Sides	Carrots, Green Beans & Sticky Rice	Rice, Peas and Green Beans	Parsnips, Carrots & Swede	Potato Wedges and Broccoli	Baked Beans, Peas
Dessert	Apple Crumble & Custard	Chocolate Brownies with Cream	Key Lime Pie	Yoghurt and Fruit of the Forest Compote	Rocky Road Slice
Big bowl salad	Avocado, Tomato, Red Onion & Spinach	Beetroot and Feta	Greek Salad	Asian Slaw	Pear, Date, Broccoli & Stilton
Everyday salads	Tomato, Cucumber, Eggs, Mixed Leaves, Sweetcorn, Cheese, Cut Peppers, Carrot with a Selection of Dressings				
Fruit bar	Whole Fruit: Banana, Satsuma, Pears, Apples Fruit Pots: Duo of Melon, Grapes, Pineapple				
Yoghurt bar	Natural Yoghurt, Fruit Compote, Dried Fruits, Seeds				