

Meat Free Monday!

MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Freshly Baked Homemade Breads				
Mains	Vegetables, Pulses and Tomato Sauce With Pasta	Sweet and Sour Chicken or Black Bean with Peppers and Tofu	Beef Chilli Con Carne or Mixed Beans in a Tomato Sauce	Chicken Hot Dogs or Vegetarian Hot Dogs	Gluten Free Fish Fingers or Cherry Tomatoes and Feta Parcels
Sides	Carrots and Green Beans	Steamed Rice and Green Beans	Rice and Sweetcorn	Skin-on Wedges and Broccoli	Chunky Chips and 50/50 Peas & Sweetcorn
Dessert	Brownies	Jelly	Chocolate Fruity Flapjacks	Cut Chunky Fruit Salad	Berry Compote with Yoghurt
Fruit of the day	Selection of fruit alternates daily between banana, satsuma, pears, apples (1 fruit per day)				
Nibble pot	Cucumber	Sweetcorn	Peppers	Carrots	Cucumber

MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Freshly Baked Homemade Breads				
Mains	Pork Patties with Onion Gravy or Butternut Squash Chickpeas, Beans and Lentil Pie	Chicken Chow Mein with Peppers and Carrots or Vegetarian Chow Mein with Cauliflower and Beans	Roast Chicken, Yorkshires and Trimmings or Yorkitos with Beans and Lentils	Winter Turkey Casserole or BBQ Butterut Squash and Lentil Ragù	Gluten Free Fish or Mash Chickpeas Burger
Sides	Roasted Carrots and Garden Peas	Sweetcorn	Carrots and Roast Herby Potatoes	Steamed Cabbage, Cauliflower & Peas	Chunky Chips & Sweetcorn
Dessert	Lemon Drizzle Sponge with Custard	Jelly	Yoghurt and Granola	Steamed Pineapple and Custard	Sponge with Custard
Fruit of the day	Selection of fruit alternates daily between banana, satsuma, pears, apples (1 fruit per day)				
Nibble pot	Cucumber	Carrots	Peppers	Sweetcorn	Cucumber

Meat Free Monday!

MENU	Tuesday	Wednesday	Thursday	Friday	
Bread	Freshly Baked Homemade Breads				
Mains	Pasta with Arrabbiata Sauce	Piri Piri Chicken or Stuffed Butternut Squash	Roast Turkey and Yorkshire Puddings or Tomato, Sweet Potato and Feta Parcels	Gluten Free Fish or Mixed Beans and Butternut Squash Wellington	Margherita Pizza, Vegetable Pie and Sweetcorn
Sides	50/50 Carrots and Green Beans	Rice & Broccoli	Roasted Potatoes and Carrots	Baked Beans (low salt and sugar) and Peas	Potato Wedges
Dessert	Pineapple Upside Down Pudding	Chocolate Brownies	Jelly	Rocky Road Slice	Sorbet
Fruit of the day	Selection of fruit alternates daily between banana, satsuma, pears, apples (1 fruit per day)				
Nibble pot	Cucumber	Peppers	Sweetcorn	Carrots	Cucumber