

MENU	Meat Free 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	Mac 'n' Cheese with Crispy Onion Topping	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	Mixed Bean and Squash Enchiladas with Mexican Rice	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	Carrots & Green Beans	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	Brownies & Cream	Granola Yoghurt	Fruity Chocolate Flapjacks	Banoffee Pie	Chocolate Mousse
Big bowl salad	Sliced Cucumber, Yoghurt & Mint	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				

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Bread	Freshly Baked Flavoured Breads				
Main	Cumberland Pork Sausages with Onion Gravy	Beef Chow Mein, Peppers, Carrots & Beansprouts	Roast Chicken, Yorkshire Pudding with Trimmings	Shepherd's Pie	Battered Fish or Battered Sausages
Vegetarian main	Butternut Squash, Chickpeas, Beans and Lentil Pie	Vegetarian Chow Mein, Cauliflower & Beans	Yorkitos with Beans & Lentils	BBQ Butternut Squash, Lentils & Bean Casserole	Mashed Chickpea Burgers
	Jacket & Sweet Potatoes Available Daily				
Sides	Creamy Mash, Peas & Carrots	Sweetcorn & Courgettes	Parsnips, Swede and Roast Herby Potatoes	Steamed Cabbage, Broccoli & Cauliflower	Chips, Mushy Peas & Sweetcorn
Dessert	Lemon Drizzle Sponge with Custard	Marble Sponge with Chocolate Sauce	Fruit Compote & Yoghurt	Upside Down Pineapple Pudding & Custard	Date Sponge with Custard
Big bowl salad	Couscous Salad	Tomato, Mozzarella, Red Onion & Basil	Pesto Pasta Salad	Houmous & 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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Bread	Freshly Baked Flavoured Breads				
Main	Peri Peri Mixed Bean and Cheese Patty	Jerk Chicken	Roast Pork & Yorkshire Pudding with Trimmings, Red Onion & Apple Sauce	Breaded Fish or Selection of Sausages	Pepperoni Pizza, Ham & Rocket Slice
Vegetarian main	Cajun Corn Tofu	Stuffed Butternut Squash	Tomato, Sweet Potato & Feta Parcels	Mixed Bean & Butternut Squash Wellington	Margherita Pizza, Vegetable Pie
	Jacket & Sweet Potatoes Available Daily				
Sides	Smoked Paprika Wedges and Louisiana Dirty Rice	Rice, Peas & Green Beans	Parsnips, Carrots & Swede	Baked Beans, Peas	Potato Wedges & Broccoli
Dessert	Pineapple Upside Down Pudding	Chocolate Brownies with Cream	Key Lime Pie	Rocky Road Slice	Yoghurt and Fruit of the Forest Compote
Big bowl salad	Perinaise Slaw	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				
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Yoghurt bar	Natural Yoghurt, Fruit Compote, Dried Fruits, Seeds				