

Meat Free Monday!

MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Freshly Baked Homemade Breads				
Mains	Tomato Sauce Mixed with Mediterranean Vegetables or 50/50 Wholemeal and Plain Pasta	Tuscan Chicken Stew or Spinach Ricotta Cannelloni	Thai Chicken Curry or Thai Green Veg Curry	Beef Bolognese or Roasted Vegetable Pasta	Gluten Free Battered Fish or Breaded Fishless Fingers
Sides	Sweetcorn and Pitta Bread	Roasted New Potatoes, Carrots	Steamed Rice, Sautéed Greens	Green Beans and Garlic Bread	Chunky Chips, Peas, Sweetcorn
Dessert	Apple Crumble and Custard	Jelly	Yoghurt and Fruit Topping	Chocolate & Orange Cake with Cream	Sorbet
Fruit of the day	Daily selection of banana, apples, pears, melons (1 fruit per day)				
Nibble pot	Selection of Crudités	Cucumber Sticks	Tomato Wedges	Grated Cheese	Peppers

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Bread	Freshly Baked Homemade Breads				
Mains	Chicken Korma or Aubergine Pepper and Butternut Squash Korma	Pork Patties with Gravy or Vegetarian Sausages and Mash with Gravy	Roast Turkey with Gravy or Vegetable Yorkitos	Smoked Paprika Chicken Thighs or Stuffed Bell Pepper with Cumin Roasted Chickpeas and Bulgur Wheat	Gluten Free Fish Fingers or Vegetable Loaf
Sides	Pilau Rice, Toasted Carrots	Garden Peas	Roast Potatoes, Broccoli	Pitta Bread, Wedges	Chunky Chips, Baked Beans
Dessert	Blueberry Sponge and Custard	Jelly	Berry Mousse	Fresh Fruit Salad	Ice Cream
Fruit of the day	Selection of fruit alternates daily between banana, satsuma, pears, apples (1 fruit per day)				
Nibble pot	Shards of Naan Bread	Baton Carrots	Peppers	Cucumber Sticks	Tomato Wedges

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Bread	Freshly Baked Homemade Breads				
Mains	Cheesy Pasta	Sweet Potato Mash with Beef Mince or Mediterranean Fritata	Beef Meatballs Tomato Sauce or Vegetable Plait	Lemon and Herb Chicken or Peri Peri Halloumi	Gluten Free Battered Fish or Battered Quorn Sausages
Sides	Garlic Bread, Sweetcorn	Carrots	Peas	Steamed Rice, Green Beans	Chunky Chips, Baked Beans and Mushy Peas
Dessert	Fruity Flapjacks	Jelly	Yoghurt	Banana Cake and Custard	Coconut Tart
Fruit of the day	Selection of fruit alternates daily between banana, satsuma, pears, apples (1 fruit per day)				
Nibble pot	Cucumber	Peppers	Tomato	Cucumbers	Sweetcorn