

**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	Smoked Paprika Paneer with Mediterranean Veg and Pitta Bread	Tuscan Chicken Stew with Cannellini Beans	<b>Thai Day</b> Green Chicken Curry with Sticky Rice	Traditional Beef Lasagne Al Forno	Battered Fish, Battered Sausages, Halal Chicken and Chunky Chips
Vegetarian main	Roasted Moroccan Chickpea with Tofu and Sweet Coriander Sauce	Spinach and Ricotta Cannelloni with Cheese	Thai Vegetable Curry	Roasted Vegetables with Lentils Lasagne	Breaded Fish-less Fish Fingers
	Jacket & Sweet Potatoes Available Daily				
Sides	Mixed Spice Rice, Baked Corn, Sautéed Courgettes and Mint Yoghurt Chilli	Carrots and Cauliflower	Thai Style Noodles, Prawn Crackers and Asian Vegetables	Garlic Bread, Green Beans and Cauliflower	Sweetcorn, Peas and Mushy Peas
Dessert	Apple Crumble and Custard	Apple Cake and Custard	Yoghurt and Fruit Compote	Chocolate and Orange Cake with Cream	Ice Cream
Big bowl salad	Sumac Slaw, Yoghurt & Mint, Sweet Chilli	Mushroom, Spinach and Tomato Salad	Asian Slaw	Tomato, Mozzarella and Red Onion Salad	Pear, Date, Cheese and Broccoli Salad
Everyday salads	Tomato, Mixed Leaves, Sweetcorn, Cheese, Cut Peppers, Grated Carrot with a Selection of Dressings				
Fruit bar	Whole Fruit: Banana, Satsuma, Pears, Apples Fruit Pots: Duo of Melon, Pineapple				
Yoghurt bar	Natural Yoghurt, Honey, Oats, Granola				

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Bread	Freshly Baked Flavoured Breads				
Main	Chicken and Vegetable Korma	Sausages and Mash with Gravy	Roast Turkey with Gravy	Chicken Shawarma	Battered Fish, Battered Sausages or Sausages
Vegetarian main	Aubergine, Pepper and Butternut Squash Korma	Vegetarian Sausages with Gravy	Vegetable Yorkitos with Roast Potatoes	Stuffed Bell Pepper with Cumin Roasted Chickpeas, Bulgur Wheat	Vegetable Loaf
	Jacket & Sweet Potatoes Available Daily				
Sides	Pilau Rice, Naan Bread, Carrots and Green Beans	Mash, Peas and Braised Cabbage	Swede and Parsnips	Pitta Bread, Cumin Carrots and Green Beans	Chunky Chips, Peas and Baked Beans
Dessert	Blueberry Sponge with Custard	Peach Cobbler and Custard	Berry Mousse	Fresh Fruit Salad	Vanilla Ice Cream with Chocolate Sauce
Big bowl salad	Greek Salad	Cheesy Coleslaw	New Potato Salad	Garden Salad	Caesar Salad
Everyday salads	Tomato, Cheese, Tuna, Cucumber, Sweetcorn, Peppers, Carrots, Eggs, Mixed Leaves, Toppings and Sauces				
Fruit bar	Whole Fruit: Banana, Satsuma, Pears, Apples Fruit Pots: Duo of Melon, 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	Creamy Mac 'n' Cheese Topped with Crispy Onions	Cottage Pie with Sweet Potato Mash	Sausage Plait with Red Onion Gravy	Jerk Chicken	Jumbo Battered Halal Sausages, Battered Sausages, Battered Fish
Vegetarian main	Bang Bang Cauliflower, Firecracker Sauce with Noodles	Mediterranean Frittata	Vegetable Plait with Red Onion Gravy	Peri Peri Halloumi	Battered Quorn Sausage with Curry Sauce
	Jacket & Sweet Potatoes Available Daily				
Sides	Sweetcorn and Green Beans	Roasted Broccoli and Carrots	Baby Jackets, Garden Peas and Braised Red Cabbage	Rice 'n' Peas, Cobettes	Chunky Chips, Baked Beans and Mushy Peas
Dessert	Fruity Chocolate Flapjacks	Carrot Cake	Orange Cheese Cake	Banana Sponge and Custard	Rocky Road
Big bowl salad	Zesty Roasted Vegetable Couscous	Roasted Root Vegetables, Pearl Barley, Chicory and Pomegranate	Salad Niçoise	Kale, Feta and Courgette	Chicory, Pears and Toasted Seeds
Everyday salads	Carrots, Cucumbers, Herbs, Tomato, Tuna, Cheese				
Fruit bar	Whole Fruit: Banana, Satsuma, Pears, Apples Fruit Pots: Duo of Melon, Pineapple				
Yoghurt bar	Natural Yoghurt, Fruit Compote, Dried Fruits, Seeds				