

| MENU             | Monday                                                                                                    | Tuesday                                  | Wednesday                                                                                 | Thursday                                                  | Friday                                    |
|------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------|
| Bread            | Freshly Baked Homemade Breads                                                                             |                                          |                                                                                           |                                                           |                                           |
| Mains            | Laksa Malay Chicken and Vegetables or Vegetables Laska Tofu                                               | Korean Mince Beef or Curious Vegan Mince | Roast Diced Chicken, Traditional Gravy & Yorkshire Puddings or Roast Squash and Bean Roll | Beef Bolognese or Roasted Vegetables with Lentils Lasagne | Gluten Free Fish or Fishless Fish Fingers |
| Sides            | Green Beans/ Broccoli, Steamed Rice                                                                       | Noodles & Sweetcorn                      | Roast Potatoes, Steamed Carrots and Parsnips                                              | Green Beans                                               | Baked Beans, Chunky Chips & Sweetcorn     |
| Dessert          | Coconut Jam Tart                                                                                          | Carrot Cake                              | Yoghurt and Fruit Compote                                                                 | Jelly                                                     | Sorbet                                    |
| Fruit of the day | Selection of fruit alternates daily between pears, apples, banana, mixed grapes, melons (1 fruit per day) |                                          |                                                                                           |                                                           |                                           |
| Nibble pot       | Sweetcorn                                                                                                 | Cucumber                                 | Peppers                                                                                   | Carrots                                                   | Cucumber                                  |

**Meat Free Monday!**

| MENU             |                                                                                                           | Tuesday                                                           | Wednesday                                                       | Thursday                    | Friday                                            |
|------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------|---------------------------------------------------|
| Bread            | Freshly Baked Homemade Breads                                                                             |                                                                   |                                                                 |                             |                                                   |
| Mains            | Meat Free Pasta with Cheesy Sauce and Garlic Bread                                                        | Sweet and Sour Chicken with Vegetables or Miso Aubergine Stir Fry | Szechaun Beef and Peppers or Plant Based Mince Peppers Szechaun | Pizza Margherita            | Gluten Free Fish or Cauliflower Cheese Pasta Bake |
| Sides            | Sweetcorn, Green Beans                                                                                    | Carrots, Steamed Rice, Savoy Cabbage                              | Noodles & Garden Peas                                           | Potato Wedges & Green beans | Chunky Chips, Peas & Baked Beans                  |
| Dessert          | Orange Cheese Cake                                                                                        | Yoghurt and Mixed Berries                                         | Jelly                                                           | Fresh Fruit Salad           | Carrot Cake                                       |
| Fruit of the day | Selection of fruit alternates daily between pears, apples, banana, mixed grapes, melons (1 fruit per day) |                                                                   |                                                                 |                             |                                                   |
| Nibble pot       | Cucumbers                                                                                                 | Tomatoes                                                          | Sweetcorn                                                       | Peppers                     | Cucumbers                                         |

| MENU             | Monday                                                                                                    | Tuesday                                                               | Wednesday                                                                                          | Thursday                                                     | Friday                                                            |
|------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------------|
| Bread            | Freshly Baked Homemade Breads                                                                             |                                                                       |                                                                                                    |                                                              |                                                                   |
| Mains            | Beef Chilli Con Carne or Bang Bang Cauliflower, Firecracker Sauce with Noodles                            | Mild Jerk Diced Chicken or Spinach and Ricotta Cannelloni with Cheese | Roast Turkey with Traditional Gravy & Yorkshire Puddings or Candied Beetroot and Goats Cheese Tart | Cumberland Sausage & Gravy or Vegetarian Sausages with Gravy | Gluten Free Fish, Sausages & Battered Fish or Vegetarian Pad Thai |
| Sides            | Rice & Green Beans                                                                                        | Steamed Rice, Broccoli                                                | Roast Potatoes, Garden Peas, Green Beans                                                           | Mash, Peas/Carrots                                           | Chunky Chips, Baked Beans                                         |
| Dessert          | Fruity Flapjacks                                                                                          | Jelly                                                                 | Marble Cake                                                                                        | Yoghurt and Granola                                          | No Waste Banana Cake                                              |
| Fruit of the day | Selection of fruit alternates daily between pears, apples, banana, mixed grapes, melons (1 fruit per day) |                                                                       |                                                                                                    |                                                              |                                                                   |
| Nibble pot       | Cucumbers                                                                                                 | Peppers                                                               | Tomatoes                                                                                           | Cucumbers                                                    | Sweetcorn                                                         |