

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Weetabix with Milk (V) or Soya Milk (VE)



Boiled Egg (V), Wholemeal Soldiers (VE) & Roasted Tomatoes (VE)



Berry Porridge made with Milk (V) or Soya Milk (VE)



Bagel (V)



Apple Wedges (VE)



Weetabix with Milk (V) or Soya Milk (VE)



Red Pepper Frittata (V)  
Toasted English Muffin (V)



Berry In a Bowl Porridge made with Milk (V) or Soya Milk (VE)



Crumpets (V) with Spread (VE)



Pineapple Pieces (VE)



Pancake(VE)  
Bagel (V)



Berries & Watermelon (VE)



MORNING SNACK

Classic Soya Mince Spaghetti Bolognese (VE) with Wholemeal Pasta (VE)



Hearty Beef & Lentil Bolognese with Wholemeal Pasta



Broccoli (VE)  
Sweetcorn (VE)  
& Mixed Leaf Salad (VE)



Natural Yoghurt (V) with Strawberries (VE)



Vegetable Sticks (VE) with Yoghurt & Mint Dip (V)

Mildly Spiced Mixed Bean Jollof Rice (VE)

Vegan Soya Chilli with 50/50 Rice (V)

Breaded Fish (V)  
Chips (VE)

Vegetable Frittata Muffins (V) with Steamed Baby New Potatoes (VE)

Salmon Fishcake with Steamed Baby New Potatoes

Steamed Peas (VE), Baked Beans (VE) & Sweetcorn Salsa (VE)

Rice Pudding & Mixed Berries

A selection of seasonal fresh fruits served daily including apple, pear, banana, oranges & melon (VE)

Chicken Jollof Rice

Green Beans (VE), Red Cabbage (VE) & Grated Carrot & Raisin Salad (VE)

Strawberry & Peach Jelly (VE)

Mexican Beef With 50/50 Rice

Carrot & Courgette Medley (VE) & Broccoli Floret Salad (VE)

Pear Cobbler (VE) with Custard (V)

Plant Sausage (V)  
Chips (VE)

Baked Beans(VE), Peas(VE) & Carrot Sticks (VE)

Natural Yoghurt (V) & Banana Fingers (VE)

AFTERNOON SNACK

Cucumber Dip (VE) & Crudités (VE)



Cheese on Toast (V) with Carrot and Beetroot Slaw (VE)



Pear (VE) & Cheese Slices (V)

Wholemeal Tuna Pasta Bake or Wholemeal Lentil Pasta Bake (VE)

Baked Beans (VE) on 50% Wholemeal Toast (VE) with Mushrooms (VE)

Afternoon Tea Picnic

Soup of the Day (VE)

With Broccoli (VE)

Melon (VE) & Natural Yoghurt (V)

Rolls: egg mayonnaise (V), cream cheese and cucumber (V) Tuna (V)

Natural Yoghurt (V) with Orange Wedges

Local, Seasonal Fruit & Veg (V) Vegetarian (VE) Vegan

Fruit & Veg: Pineapple (VE) & Tomato Quarters (VE)

TEA



Added Plant Protein



Local Red Tractor Meat



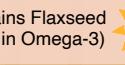
Low Carbon Planet Friendly



Wholemeal



Contains Flaxseed (High in Omega-3)



Local, Seasonal Fruit & Veg (V) Vegetarian (VE) Vegan

Available Daily:

- Daily salad selection (V/VE)
- Fresh Fruit (VE)
- Natural Yoghurt (V)
- Drinking Milk (V/VE)
- Tap Water

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.



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FRIDAY

BREAKFAST

Banana Porridge made with Milk (V) or Soya Milk (VE)  
Wholemeal Toast (V)  
Apple Wedges (VE)

Weetabix (VE) with Milk (V) or Soya Milk (VE)  
Boiled Egg (V), White Bagel (V) and Roasted Tomatoes (VE)

Apple and Cinnamon Porridge made with Milk (V) or Soya Milk (VE)  
English Muffin (V) with Spread (VE)  
Orange Wedges (VE)

Weetabix (VE) with Milk (V) or Soya Milk (VE)  
Scrambled Eggs with Homemade Baked Beans (V),

Berry Porridge made with Milk (V) or Soya Milk (VE)  
Pancake (V)  
Banana Slices (VE)

MORNING SNACK

Cheese & Tomato Pizza (V)

BBQ Chicken Pizza  
Sweetcorn (VE)  
Carrots (VE)  
& Fresh Broccoli Salad (VE)

Eves Pudding (V) with Custard (V)

Plant Burger (VE) with Sweet Potato Wedges (VE)

Beef Burger with Sweet Potato Wedges

Green Beans (VE) Roasted Peppers (VE) & Homemade Coleslaw (V)

Natural Yoghurt (V) with Strawberries (VE) and Blackberries (VE)

Vegetable Sticks (VE) with Yoghurt Mint Dip (V)

Soya Mince Cottage Pie (VE) with Gravy (VE)

Cottage Pie with Gravy

Roasted Carrots (VE), Tomatoes (VE) Swede (VE)

Chocolate Beetroot Brownie

Chefs Special Moroccan Vegetable & Chickpea Couscous (VE)

Cauliflower (VE) Cucumber and Tomato Salad (VE) & Mixed Leaf Salad (VE)

Apple & Blackberry Crumble with Custard (V)

Broccoli Swirls (V) with Chip (VE)

Traditional Fish Fingers with Chip (VE)

Steamed Peas (VE) Baked Beans (VE), Sweet Potato & Coriander Salad (VE)

Natural Yoghurt (V) and Fresh Fruit Salad (VE)

AFTERNOON SNACK

Jacket Potato (VE) with Baked Beans (VE)  
or Tuna and Sweetcorn with Cucumber and Beetroot Salad (VE)  
Apple Slices (VE) with Natural Yoghurt (V)

A selection of seasonal fresh fruits served daily including apple, pear, banana, oranges & melon (VE)

Wholemeal Tomato & Lentil Pasta (VE) with Peas (VE)  
~  
Orange Wedges (VE) & Natural Yoghurt (V)

Melon Boats (VE)  
~  
Red Pepper and Cheese Frittata (V) with Parsley Potatoes (VE) and Broccoli (VE)

Chicken & Bean or Vegetable Bean Fajitas (VE) with 50% Wholemeal Rice (VE)  
~  
Natural Yoghurt (V) & Banana (VE)

Afternoon Tea Picnic  
Sandwich Triangles: egg mayonnaise (V), cheese and tomato (V) Tuna (V)  
~  
Fruit & Veg: Peach (VE) & Cucumber Sticks (VE)

TEA



Available Daily:

- Daily salad selection (V/VE)
- Fresh Fruit (VE)
- Natural Yoghurt (V)
- Drinking Milk (V/VE)
- Tap Water

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