





# WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Option One</b>	Tomato, Lentil and Cheese Pasta	Lentil and Sweet potato Curry with 50/50 Rice	Macaroni Cheese	Roasted Vegetable Stir Fry	Tomato and Vegetable Pasta
<b>Option Two</b>	 Beef Bolognaise with Wholemeal Pasta	 Chicken Jollof Rice	 Roast Chicken(boneless diced ) with Roast Potatoes and Gravy	 Cottage Pie	Breaded Fish with Chips
<b>Option Three</b>	Jacket potato& Fish Fingers	Jacket potato & Halal Chicken Sausage		Jacket Potato with Cheese	Jacket Potato & Beans
<b>Vegetables</b>	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
<b>Dessert</b>	Yogurt and Fresh Fruit	Strawberry Jelly	Yogurt and Tinned Peaches	Carrot Cake	Yogurt and Fresh Fruit

# WEEK TWO

<b>Option One</b>	Spicy Vegetable and Lentil Cous Cous	Quorn and Black Bean Fajita	Vegetable Wellington	Creamy Chickpea and Lentil Curry	Tomato and Vegetable Pasta
<b>Option Two</b>	 Mexican Beef Chilli with Turmeric Rice	 Portuguese Chicken and Bean Stew	 Roast Chicken(boneless diced) with Roast Potatoes and Gravy	 Beef Meatballs & Spaghetti pasta	Breaded Fish and Chips
<b>Option Three</b>	Jacket potato & Fish Fingers	Jacket Potato Halal Chicken Sausage	Vegetables of the Day	Jacket Potato with Cheese	Jacket Potato & tuna mayonnaise
<b>Vegetables</b>	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
<b>Dessert</b>	Yogurt and Tinned Pears	Iced Sponge Cake	Yogurt and Fresh Fruit	Peach Crumble and Custard	Yogurt and Tinned Apples

# WEEK THREE

<b>Option One</b>	 5 Bean Chilli with 50/50 Rice	 Vegan Soya Bolognaise with Wholemeal Pasta	 Rainbow Pizza with Wedges	 Chinese Vegetable Stir Fry	Tomato and Vegetable Pasta
<b>Option Two</b>	Chicken Meatballs in Tomato Sauce & Rice	 Beef Bolognaise with Wholemeal Penne	Roast Chicken(boneless diced ) with Roast Potatoes and Gravy	 Halal Chicken Sausage with Wedges	Breaded Fish and Chips
<b>Option Three</b>	Jacket Potato & Fish Fingers	Jacket Potato Baked Beans	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
<b>Vegetables</b>	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
<b>Dessert</b>	Yogurt and Fresh Fruit	Apple Crumble	Yogurt and Tinned Fruit	Baked Pineapple Cake	Yogurt and Fresh Fruit

## MENU KEY

Added Plant Protein  Wholemeal  Vegan  Chef's Special 

**Available Daily:** - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily- Daily salad selection – Fresh Fruit and Yoghurt

### 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.