

WEEK ONE

W/C
30 October
20 November
11 December
15 January
5 February
4 March
25 March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option one	Cheese and Tomato Pizza (V)	Hearty Spaghetti Bolognese (VE)	Minced Beef Cottage Pie	Lentil & Roasted Vegetables Pasty with Mash	Fishfingers with New Chips
Option two	Chickpea Tagine with Cous-Cous	BBQ Chicken with New Potatoes	Shepherdess Pie (V)	Chicken Arabiatata Pasta	Lentil and Basil Puffs with Chips
Vegetables	Cauliflower (VE) Green Beans (VE) Tabbouleh Power Salad (VE)	Broccoli (VE) Sweetcorn (VE)	Carrots (VE) Cabbage (VE)	Roasted Peppers (VE) Green Beans (VE)	Peas (VE) Baked Beans (VE)
Dessert	Pear Crumble with Custard (V)	Yoghurt and Fresh Fruit Station (V)	Mandarin and Cinnamon Cake	Banana Loaf (V)	Yoghurt and Fresh Fruit Station (V)

WEEK TWO

W/C
6 November
27 November
18 December
22 January
19 February
11 March

Option one	Peri Peri Chicken with 50%50 Rice	Soya Mince Lasagne	Roast Chicken, Skin on Roast Potatoes and Gravy	Chicken Sausages with Mash Potato & Gravy	Cheesy Bean Puffs
Option two	Broccoli Pasta Bake (V)	Beef Lasagne (VE)	Lentil Wellington with skin on Roast Potatoes (VE)	Vegan Sausages with Mash Potato & Gravy	Battered Fish & Chips
Vegetables	Roasted Tomatoes (VE) Broccoli (VE)	Sweetcorn (VE) Courgettes (VE)	Cauliflower (VE) Carrots (VE)	Red Cabbage (VE) Green Beans (VE)	Peas (VE) Baked Beans (VE) Roasted Veg Power Salad (VE)
Dessert	Eves Pudding with Custard (V)	Pear & Ginger slice (V)	Yoghurt and Fresh Fruit Station (V)	5 A Day Cake (V)	Yoghurt and Fresh Fruit Station (V)

WEEK THREE

W/C
13 November
4 December
8 January
29 January
26 February
18 March

Option one	Jollof Rice, Quorn & Beans (V)	Classic Mac and Cheese	Roast Chicken, Mashed Potatoes and Gravy	Roasted Vegetable Pizza (V)	Salmon Fish Fingers and Chips
Option two	Chilli con Carne with 50/50 Rice	Chicken Curry with Cous-Cous	Spicy Bean Burger with Mash (VE)	Chickpea & Vegetable Hot Pot with Mash Potato (VE)	Quiche with Chips
Vegetables	Roasted Peppers (VE) Green Beans (VE)	Sweetcorn (VE) Peas (VE)	Leeks (VE) Carrots (VE)	Broccoli (VE) Cauliflower (VE)	Peas (VE) Baked Beans (VE)
Dessert	Yoghurt and Fresh Fruit Station (V)	Apple & Raisin Strudel with Custard (V)	Yoghurt and Fresh Fruit Station (V)	Peach Upside Down Cake with Custard (V)	Rice Pudding with Fruit Compote (V)

MENU KEY

- Added Plant Power
- Planet Friendly Option
- Wholemeal
- Vegan (VE)
- (V) Vegetarian

Available Daily:
- Freshly cooked jacket potatoes with a choice of fillings (where advertised) - Bread freshly baked on site daily- Daily salad selection
- Fresh Fruit and Yoghurt is available daily

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 cross contamination.