

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	Pepperoni Pizza Wedges	Chicken Curry & Rice	Chicken with Gravy, Roast Potatoes & Veg	Pasta & Meatballs with Seasonal Veg	Fish Fingers & Chips
<b>Vegetarian Option</b>	Margarita pizza Wedges Or Cheese pasty	Vegetarian Curry & Rice	Quorn Roast of the day with Gravy, Roast Potatoes & Veg	Vegetarian Meatballs With Seasonal Veg	Veggie Burgers with Chunky Chips
<b>Accompaniment</b>	Seasonal Vegetables Salad bar	Seasonal Vegetables Salad bar	Seasonal Vegetables Salad bar	Seasonal Vegetables Salad bar	Mushy Peas Gravy
<b>Desert choice of</b>	Ice Cream fresh fruit or yogurt	Lemon sponge fresh fruit or yog	Whip fresh fruit or yogurt	Carrot cake fresh fruit or yogurt	fresh fruit or yogurt
<b>Fillings include; Cheese, Tuna, Ham, Egg and Chicken</b>	Sandwiches with a selection of fillings	Sandwiches with a selection of fillings	Sandwiches with a selection of fillings	Sandwiches with a selection of fillings	Sandwiches with a selection of fillings
<b>Plain rice is available each day</b>	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings



# MENU

Eating all your fruit & veg will help you grow **BIG** and **STRONG** (like me!)



**KEY**



- 1 OF YOUR 5 A DAY



- MEAT-FREE MONDAY



- CHEF'S CHOICE



- PLANT-BASED (VEGAN)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	Mac and Cheese	Sausage Roll Savoury Rice	Roast Ham with Gravy, Roast Potatoes	Lasagne and Garlic Bread	Fish Fingers or Fish Cakes with Chips
<b>Vegetarian Option</b>	Tomato Pasta Bake Garlic Bread	Savoury Rice Vegetarian Sausage or Cheese Quiche	Quorn Roast of the day with Gravy, Roast Potatoes	Cheese & Onion Flan Diced Potatoes	Veggie Burgers with Chunky Chips
<b>Accompaniment</b>	Seasonal Vegetables Salad bar	Seasonal Vegetables Salad bar	Seasonal Vegetables Salad bar	Seasonal Vegetables Salad bar	Mushy Peas & Curry Salad bar
<b>Desert Choice of</b>	Ice Cream, fresh fruit or yogurt	Vanilla Sponge and custard fresh fruit or yogurt	Ginger Cake fresh fruit or yogurt	Strawberry Jelly fresh fruit or yogurt	Frozen Yoghurt
<b>Fillings include; Cheese, Tuna, Ham, Egg and Chicken</b>	Sandwiches with a selection of fillings	Sandwiches with a selection of fillings	Sandwiches with a selection of fillings	Sandwiches with a selection of fillings	Sandwiches with a selection of fillings
<b>Plain rice is available each day</b>	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings

5  
A DAY



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- CHEF'S CHOICE



- PLANT-BASED (VEGAN)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	Hot Dog In a soft Roll With jacket wedges	Pasta Bolognaise With Garlic Bread	Roast Chicken with Gravy, Roast Potatoes & Veg	Wraps chicken Goujons Quorn chicken Half-filled Jackets	Fish fingers/ sausages & chips
<b>Vegetarian Option</b>	Vegan Hot Dog In a soft Roll With jacket wedges	Mac & Cheese with Garlic Bread	Quorn Roast of the day with Gravy, Roast Potatoes & Veg	Cheese flan with half a filled Jacket	Breaded Vegetable Burger & Chips
<b>Accompaniment</b>	Seasonal Vegetables Salad bar	Seasonal Vegetables Salad bar	Seasonal Vegetables Salad bar	Seasonal Vegetables Salad bar	Mushy Peas Curry Sauce Salad bar
<b>Desert choice of</b>	Ice Cream fresh fruit or yogurt	Raspberry Buns fresh fruit or yogurt	Fruit Flapjacks fresh fruit or yogurt	Jam & Coconut Cake fresh fruit or yogurt	fresh fruit or yogurt
<b>Fillings include; Cheese, Tuna, Ham, Egg and Chicken</b>	Sandwiches with a selection of fillings	Sandwiches with a selection of fillings	Sandwiches with a selection of fillings	Sandwiches with a selection of fillings	Sandwiches with a selection of fillings
<b>Plain rice is available each day</b>	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings



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**KEY**



- 1 OF YOUR 5 A DAY



- MEAT-FREE MONDAY



- CHEF'S CHOICE



- PLANT-BASED (VEGAN)