

<u>Week 1</u>				
<u>Breakfast</u>				
Mon	Tues	Wed	Thurs	Friday
Cooked	Continental	Cooked	Continental	Cooked
<u>Lunch</u>				
Peri Peri chicken	Spaghetti bolognaise	Hickory smoke and honey roast gammon	Sweet and Sour crispy chicken	Tempura cod
Spinach, mushroom and tarragon tortilla boats	Veggie bolognaise	Sunblushed tomato and goats cheese quiche	Veg Chow Mein	Stuffed peppers with tomato and basil sauce
Broccoli Sweetcorn Lyonnaise potatoes	Garlic Bread Peas	Herb and butter new potatoes Mangetout Carrots Apple Sauce	Savoury herb rice Prawn cracker Spring rolls	Chips Mushy peas Peas Lemon wedge Tartare sauce
Pasta & sauce Garlic bread Jacket potatoes Beans Cheese	Panini Bar Jacket potatoes Hoops Cheese	Pasta bolognaise Garlic bread Jacket potatoes Beans Cheese	Panini Bar Jacket potatoes Hoops Cheese	Pasta & sauce Garlic bread Jacket potatoes Beans Cheese
Salad Bar Selection of fruit Natural yoghurt	Salad Bar Selection of fruit Natural yoghurt	Salad Bar Selection of fruit Natural yoghurt	Salad Bar Selection of fruit Natural yoghurt	Salad Bar Selection of fruit Natural yoghurt
Lemon Crumbly	Treacle sponge	Brownie	Fruit salad	Muffins
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<u>Week 2</u>				
<u>Breakfast</u>				
Mon	Tues	Wed	Thurs	Friday
Cooked	Continental	Cooked	Continental	Cooked
<u>Lunch</u>				
Chilli con carne	Steak & mushroom pie	Roasted chicken and stuffing	Lamb Tagine	Fish of the day
Lentil and veg chilli	Gnocchi with sunblushed tomatoes, spinach and basil	Wild mushroom and red onion risotto	Veg and chickpea tagine	Frittata
Tortilla chips Rice Green beans Sweetcorn Sour cream	Mash potato Peas Gravy	Roast Potatoes Carrots Honey roast parsnip	Couscous Broccoli Sweetcorn	Chips Peas Mushy peas
Pasta & sauce Garlic bread Jacket potatoes Beans Cheese	Panini Bar Jacket potatoes Hoops Cheese	Pasta & sauce Jacket potatoes Beans Cheese	Panini Bar Jacket potatoes Hoops Cheese	Pasta & sauce Garlic bread Jacket potatoes Beans Cheese
Salad Bar Selection of fruit Natural yoghurt	Salad Bar Selection of fruit Natural yoghurt	Salad Bar Selection of fruit Natural yoghurt	Salad Bar Selection of fruit Natural yoghurt	Salad Bar Selection of fruit Natural yoghurt
Rice pudding	Apple and berry crumble with cream	Cookies	Lemon cheesecake	Chocolate sponge and custard



<u>Week 3</u>				
<u>Breakfast</u>				
Mon	Tues	Wed	Thurs	Friday
Cooked	Continental	Cooked	Continental	Cooked
<u>Lunch</u>				
Toad in the Hole	Lasagne	Roast pork & crackling	Chicken korma	Cajun salmon
Veggie Toad in the Hole	Veggie Lasagne	Ratatouille Boats	Mushroom and vegetable korma	Sweet potato and butternut squash cassoulet
Mash Carrots Peas Onion gravy	Broccoli Green beans	Roast potatoes Roasted vegetables Gravy Apple sauce	Rice Poppadom Naan bread Mango chutney	New potatoes Medley of greens
Pasta & sauce Garlic bread Jacket potatoes Beans Cheese	Panini Bar Jacket potatoes Hoops Cheese	Pasta Bar Jacket potatoes Beans Cheese	Panini Garlic bread Jacket potatoes Hoops Cheese	Pasta & sauce Garlic bread Jacket potatoes Beans Cheese
Salad Bar Selection of fruit Yoghurt & toppings	Salad Bar Selection of fruit Yoghurt & toppings	Salad Bar Selection of fruit Yoghurt & toppings	Salad Bar Selection of fruit Yoghurt & toppings	Salad Bar Selection of fruit Yoghurt & toppings
Muffins	Coconut and white chocolate sponge	Cookies	Chocolate tarts	Carrot cake

<u>Week 4</u>				
<u>Breakfast</u>				
Mon	Tues	Wed	Thurs	Friday
Cooked	Continental	Cooked	Continental	Cooked
<u>Lunch</u>				
			Chicken fajita	
Chicken and chorizo jambalaya	Cottage pie	Minted roast lamb	Quorn fajita	Tempura battered cod
Vegetable and chickpea biryani	Veggie cottage pie	Chickpea and tomato stuffed peppers	Wraps	Spinach & ricotta cannelloni
Diced potatoes Mangetout Veg spring rolls Pasta & sauce Garlic bread Jacket potatoes Beans Cheese	New potatoes Peas Carrots Panini Bar Jacket potatoes Hoops Cheese	Roast potatoes Broccoli Cauliflower Cheese Gravy Pasta carbonara Garlic bread Jacket potatoes Beans Cheese	Savoury rice Sour cream Guacamole Noodle Bar Jacket potatoes Beans Cheese	Chips Mushy peas Garden peas Pasta & sauce Garlic bread Jacket potatoes Beans Cheese
Salad Bar Selection of fruit Natural yoghurt	Salad Bar Selection of fruit Natural yoghurt	Salad Bar Selection of fruit Natural yoghurt	Salad Bar Selection of fruit Natural yoghurt	Salad Bar Selection of fruit Natural yoghurt
Flapjack	Apple and berry crumble	Cola Cake	Strawberry jam sponge	Rice pudding