

# Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Break	Wholemeal biscuit and fruit	Flapjack and fruit	Cheese with crackers and fruit	Bagel bites and fruit	Croissants and fruit
Soup	Carrot and coriander	Tomato and bean	Creamy courgette	Carrot and smoked paprika	Cauliflower and cheese
Main course	Creamy ham and cheese carbonara pasta with parmesan shavings	Grilled pork sausages with roasted onions Creamy ham and cheese carbonara pasta with parmesan shavings	Mild and smoky turkey fajitas with peppers and red onion	Roasted Italian chicken breast with peppers, olives and basil	Creamy fish pie topped with pastry crust or fish fingers
Vegetarian course	Pasta with a tomato sauce	Quorn sausages with roasted onions	Vegetable and Quorn wraps	3 cheese and tomato, vegetable frittata	Bean burgers with grilled tomato
On the Side	Garden peas, salad and garlic bread	Brioche roll or oven chips Glazed carrots Green beans	Steamed rice, sweetcorn and side salad	Roasted potatoes Steamed broccoli and cauliflower	Oven roasted wedges Baked beans and garden peas
Jacket potato option	Jacket potato with tuna mayonnaise	Jacket potato with creamy mushrooms	Jacket potato with grated cheddar and baked beans	Jacket potato with cheese	Jacket with creamy leeks and cheese
Dessert	Rice pudding with a berry compote Yoghurt with a choice of toppings and fruit	Chocolate chip shortbread Yoghurt and fruit	Apple or berry compote with a granola topping, served with custard Yoghurt and fruit	Lime jelly Yoghurt pots with lemon curd and meringue kisses Fruit	Berry and crumble topped sponge Yoghurt and fruit

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Break	Cereal bar and fruit	Croissant and fruit	Cheese and crackers Fruit and yoghurt	Scotch pancakes and fruit	Raisin, pumpkin and cranberry oat bar and fruit
Soup	Roasted butternut with thyme	Tomato and sweet potato	Mixed vegetable	Spiced lentil and carrot	Creamy parsnip
Main course	Chilli con carne	Baked chicken thighs with your choice of sauce: Eastern spice or sweet and sticky Texan BBQ	Lean beef burger or Seoul fried chicken in a soft bun with an onion relish, lettuce and tomato slices	Roasted chicken with rosemary and thyme	Tuna and spring onion fish cakes or bake fish fingers
Vegetarian course	Mixed bean chilli	Quorn and pepper stir fry	Vegetable burger with an onion relish	Courgette and carrot rosti with a salsa verde dressing	Tomato and mascarpone pasta bake
On the Side	Steamed rice, carrots and pan fried courgettes	Bangkok style egg noodles Sweetcorn or Vietnamese slaw with lime and ginger	Skin on potato wedges Baked beans or green beans	Roasted potatoes with cabbage and carrots	Sautéed new potatoes with garden peas and peppers
Jacket potato option	Jacket potato with grated cheddar and beans	Jacket potato with tuna mayonnaise	Jacket potato with a mild chilli	Jacket potato with grated cheddar and baked beans	Jacket with creamy leeks
Dessert	Iced carrot cake Yoghurt with fruit	Lemon short bread finger Yoghurt with fruit	Lime jelly or classic rice pudding Yoghurt with fruit	Lemon polenta cake with mint mascarpone Yoghurt with fruit	Natural yoghurt with a berry compote and toasted seeds Whole and cut fruit

# Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Break	Oat cakes and fruit	Toasted wholemeal pitta bread fingers and fruit Banana bread and fruit	Banana loaf	Mixed fruit buns and fruit	Croissants
Soup	Tuscan bean	Carrot and coriander	Broccoli and cheese	Paprika spiced lentil with carrot	Winter vegetable
Main course	Lamb bolognaise	Mediterranean style chicken with a pesto drizzle	Thin crust tomato and mozzarella pizza	Honey roasted gammon with apple and sultana chutney	Sri Lankan style fish curry with rice or sustainable fish fingers with a lemon wedge
Vegetarian course	Lentil and bean bolognaise	Pasta with a pesto dressing and grated parmesan	Quorn and vegetable sweet and sour	Vegetarian sausages, Yorkshire pudding, stuffing and gravy	Roasted vegetable and mozzarella wraps
On the Side	Spaghetti and garlic bread Garden peas and carrots	Steamed rice Olives, courgettes and cherry tomato Garden peas	New potatoes Baked beans and green beans	Roasted potatoes Broccoli florets and baton carrots	Baked wedges and garden peas or sweetcorn
Jacket potato option	Jacket potato with cheese and beans	Jacket potato with a mild chilli	Jacket potato with tuna mayonnaise	Jacket potato with creamy mushrooms	Jacket potato with cheese and beans
Dessert	Raspberry jelly Yoghurt with fruit	Mini doughnuts Yoghurt and fruit	Fruit salad and yoghurt with crushed meringue and a berry compote	Chocolate and beetroot cake Yoghurt and fruit	Crunchy granola yoghurt pots and fruit