



# Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Break	Cheese with crackers and fruit	Pancakes and fruit	Bagel and fruit	Flapjack and fruit	Bread sticks and fruit
Soup	Tomato and lentil	Broccoli	Carrot and sweet potato	Minestrone	Red pepper and chick pea
Main course	Chilli beef with a tortilla wrap	Turkey linguine primavera with grated parmesan	Pork sausages with an onion gravy	Roasted Chicken with Yorkshire puddings	Tuna, pea and sweetcorn wholewheat pasta bake or baked fish fingers
Vegetarian course	Roasted vegetable, tomato and bean enchiladas 	Stuffed peppers with couscous	Quorn Sausages with an onion gravy	Pumpkin seed, courgette and feta muffins	Falafel with a minted yoghurt and pita bread
On the Side	50/50 rice Sauteed courgettes Corn on the cob	Garlic bread Green beans and baton carrots	Mashed potato Peas and red cabbage	Roasted potatoes Steamed broccoli cauliflower cheese	Oven roasted, skin on wedges Baked beans and peas
Jacket potato/pasta bar option	Jacket Potato with baked beans and grated cheddar cheese	Pasta with a tomato sauce	Jacket potato with tuna mayonnaise	Pasta with pesto	Jacket with creamy leeks
Dessert	Waffles with a berry compote Cold Potted dessert Yoghurt and fruit	Yoghurt and fruit	Chocolate chip cookies Cold Potted dessert Yoghurt and fruit 	Yoghurt and fruit Cold Potted dessert	Winter berry sponge with custard Cold Potted dessert Yoghurt and fruit

# Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Break	Pita and fruit	Focaccia bread and fruit	Teacake and fruit Fruit	Cheese and crackers and fruit	Flapjack fingers and fruit
Soup	Leek and potato	Tomato and bean	Creamy courgette	Carrot and smoked paprika	Cauliflower and cheese
Main course	Jackets potatoes with a choice of fillings: Lamb chilli Chicken with a curry sauce Tuna mayo Cheese and beans	Chicken goujons with tomato salsa and a wrap	Pasta Bar! Tomato and lentil Creamy smoked salmon, leek and pea Classic cheese	Honey roasted gammon with Yorkshire puddings or beef pie with a puff pastry crust & gravy	Haddock and spring onion fish cakes or Baked fish fingers
Vegetarian course	Samosa with a curry sauce and rice	Vegetable spring rolls	Roasted root vegetable bake with a crispy crumb topping	Quorn sausages	Tomato pasta bake
On the Side	Peas and coleslaw	Mildly spiced rice Mini corn cobs or sauteed courgettes	Garlic bread Ratatouille style vegetables or green beans	Roasted potatoes with Baton carrots and steamed broccoli florets	Heathier style oven chips Garden peas with mint Baked beans
Jacket potato/pasta bar option	Jacket potato bar	Pasta with a tomato sauce	Jacket potato with chicken and sweetcorn	Pasta with a cheese sauce	Jacket with creamy leeks
Dessert	Raspberry jelly pots Cold Potted dessert Yoghurt and fruit	Yoghurt with fruit	Shortbread Cold Potted dessert Yoghurt and fruit	Yoghurt with fruit	Cinnamon spiced apple cake Cold Potted dessert Yoghurt and fruit

## Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Break	Oat and raisin biscuit and fruit	French baguette fingers and fruit	Whole meal biscuit and fruit	Cheese and crackers and fruit	Apple and cinnamon tea bread and fruit
Soup	Tomato and bean	Carrot and coriander	Creamy courgette	Paprika spiced cauliflower and dumplings	Spring vegetable
Main course	Mild Beef curry and poppadom	Lemon and herb chicken	Salmon and asparagus creamy pasta with garlic bread and parmesan cheese	Roast pork loin with crackling	Fish pie or baked fish fingers
Vegetarian course	Lentil and vegetable Bolognese	Cheese and onion quiche	Chargrilled Mediterranean vegetable pasta bake with garlic bread and parmesan cheese	Quorn sausages	Roasted vegetable and mozzarella wraps
On the Side	Steamed 50/50 rice Peas and cumin spiced cauliflower	Skin on Potato wedges Green beans Chargrilled pepper and courgette	Ciabatta slices Coleslaw Sweet corn	Mashed potato or roasted mini potatoes Broccoli and peas Cauliflower cheese	Oven chips Baked beans Steamed baton carrots
Jacket potato/pasta bar option	Jacket potato with cheese and beans	Pasta with pesto	Jacket potato with tuna mayonnaise	Pasta with creamy mushroom and pea sauce	Stuffed jackets with cheese and spring onion
Dessert	Lemon and blueberry yoghurt sponge Yoghurt with fruit Cold potted dessert	Yoghurt and fruit	Fruit trifle Yoghurt and fruit Cold potted dessert	Crunchy granola yoghurt pots and fruit	Carrot cake Yoghurt and fruit Cold potted dessert