

MENU

- WEEK ONE -

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato Baked Beans Cheese Tuna	Lamb Tagine	Roast Chicken	Spaghetti Bolognese	Oven Baked Cod
Gnocchi & Pesto	Vegetable Tagine	Lentil Stew	Vegetable Ratatouille	Aubergine & Courgette Stacks
Sides Green Beans Vegetables of the day	Sides Couscous Broccoli Vegetables of the day	Sides Roast Potatoes Broccoli Yorkshire Puddings Vegetables of the day	Sides Leeks Vegetables of the day	Sides Chunky Chips Garden Peas Vegetables of the day
Granola & Fruit	Apple Crumble & Custard	Fruit Bowls Natural Yoghurt	Chocolate Brownie	Fruit Bowls Natural Yoghurt

- DAILY -

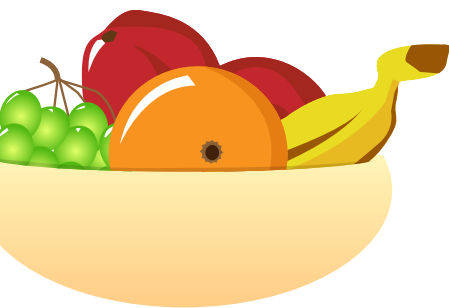
Sandwiches

Salad Bar - sweetcorn, salad, tomatoes, peppers, carrots, cucumber, grated cheese and bread

Natural Yoghurt

Fresh Fruit





MENU

- WEEK TWO -

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato Pasta Bake Prawns	Jerk Chicken	Linguine Bolognese	Shepherds Pie	Homemade Pepper & Olive Pizza
Tomato Pasta Bake	Aubergine parmigiana	Linguine with a mushroom and cream sauce	Vegetable Pie	Homemade Margherita Pizza
Sides Creamy Vegetables Garden Peas Vegetables of the day	Sides Rice Broccoli Vegetables of the day	Sides Mange Tout Vegetables of the day	Sides Green Beans & Carrots Vegetables of the day	Sides Green Beans Vegetables of the day
Fruit Bowls Natural Yoghurt	Sticky Toffee Pudding	Fruit Bowls Natural Yoghurt	Banoffee Pie	Fruit Bowls Natural Yoghurt

- DAILY -

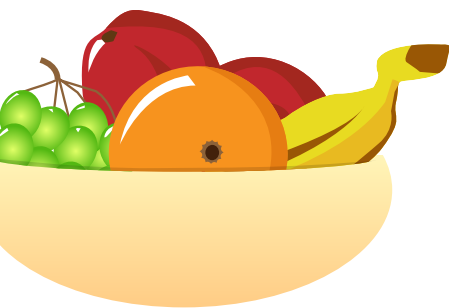
Sandwiches

Salad Bar - sweetcorn, salad, tomatoes, peppers, carrots, cucumber, grated cheese and bread

Natural Yoghurt

Fresh Fruit





MENU

- WEEK THREE -

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese	Chicken Tikka Masala	Lasagne	Chicken Fajitas	Oven Baked Cod
Macaroni with Tomato and Basil Sauce	Vegetable Curry	Vegetable Lasagne	Vegetable Fajitas	Baked Sweet Potato
Sides Sweetcorn Green Beans Vegetables of the day	Sides Rice Green Beans Vegetables of the day	Sides Carrots Garlic Bread Vegetables of the day	Sides Potato Wedges Tortillas Vegetables of the day	Sides Chips Baked Beans Cheese Vegetables of the day
Homemade Granola Natural Yoghurt	Lemon Drizzle Cake	Fruit Bowls Natural Yoghurt	Fruity Flapjack	Fruit Bowls Natural Yoghurt

- DAILY -
Sandwiches
Salad Bar - sweetcorn, salad, tomatoes, peppers, carrots, cucumber, grated cheese and bread
Natural Yoghurt
Fresh Fruit



SNACK MENU

Apple and Pear Slices

Cucumber Sticks

Rice Cakes

Carrot Sticks

Oranges

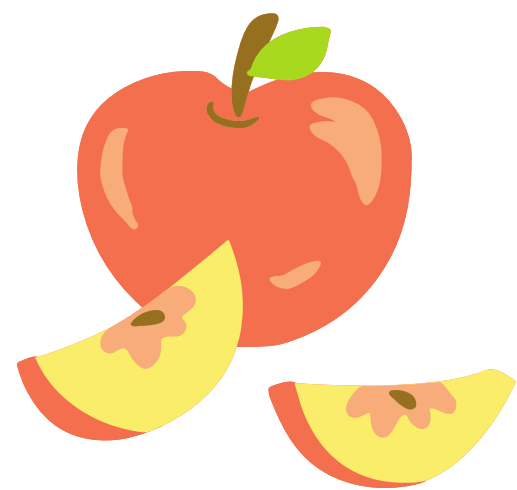
Dried Fruit

Homemade Flapjack

Croissants

Pepper slices

Grapes



BREAKFAST

MENU

Cereals

Shreddies

Cheerios

Weetabix

Natural Yoghurt

Granola

Fruit bowl

Waffles

Toast - Jam & Butter

Hot Breakfast - every Friday

Sausage and Toast

Eggs on Toast

Bacon and Toast

