

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Potato Waffles and Beans (G) Autumn Lentil Soup with Crusty Bread (G) Jacket Potato with Beans & Toppings (D)	Burritos (D,G) Moroccan Chickpea Stew and CousCous (G) Jacket Potato with Beans & Toppings(D)	Pesto Pasta (D,G,Mu) Paneer and Spinach Curry with Rice (D) Jacket Potato with Beans & Toppings(D)	Sausage, Mash, Peas and Gravy (G,S) Tomato and Basil Gnocchi (G) Jacket Potato with Beans & Toppings (D)	Pizza and Wedges (G,D) Aubergine and Tomato Curry with Rice Jacket Potato with Beans & Toppings (D)
	Light Meal	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds
	Dessert	Yoghurt and Strawberry Puree (D) Fresh fruit	Apple and Pear Crumble with Custard (D,G,S) Fresh Fruit	Blueberry Muffin(G,S) Fresh Fruit	Jelly Fresh Fruit	Ice Cream (D) Fresh Fruit
WEEK 2	Main Option	Hot Dog and Wedges (S,G,Mu) Homemade Tomato Soup and Crusty Baguette (G) Jacket Potato with Beans & Toppings(D)	Nachos topped with Chilli (G,S) Shepherdless Pie (Ce,S) Jacket Potato with Beans & Toppings(D)	Macaroni Cheese (G,D) Chana Masala and Rice Jacket Potato with Beans & Toppings(D)	Fishfingers New Potatoes and Peas(S) Spanish Butterbean Stew and Crusty Baguette (G) Jacket Potato with Beans & Toppings(D)	Pizza and Wedges (D,G) Stir Fried Vegetable Noodles (S) Jacket Potato with Beans and Toppings(D)
	Light Meal	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds
	Dessert	Yoghurt and Raspberry Puree (D) Fresh fruit	Chocolate Sponge Cake (G,S) Fresh Fruit	Apple and Cinnamon Oat Slice (G,S) Fresh Fruit	Sticky Toffee Sponge (G,S) Fresh Fruit	Ice Cream (D) Fresh Fruit
WEEK 3	Main Option	Sausage Roll and Baked Beans (S,G,D) Winter Vegetable Soup and Crusty Baguette (G) Jacket Potato with Beans & Toppings(D)	Cheese and Tomato Panini With Potato Wedges (G,D) Moroccan Vegetable Pittas with Hummus (G) Jacket Potato with Beans & Toppings(D)	Mediterranean Pasta Bake (G,D) Dahl and Rice(Ce) Jacket Potato with Beans & Toppings(D)	Spaghetti and Meatballs (G,S) Winter Vegetable Pasty(D,G) Jacket Potato with Beans & Toppings (D)	Pizza and Wedges (G,D) Spinach and Sweet Potato Curry and Rice(G) Jacket Potato with Beans & Toppings(D)
	Light Meal	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds
	Dessert	Yoghurt and Blueberry Puree (D) Fresh fruit	Strawberry Mousse (D) Fresh Fruit	Vanilla Sprinkle Cake (S,G) Fresh Fruit	Coconut Flapjack (S,G) Fresh Fruit	Ice Cream (D) Fresh Fruit

Allergens
D - Dairy | G - Gluten | S - Soya | Se - Sesame | Mu - Mustard | Ce - Celery

Please Note:
Salad bar, fresh breads & fruits are available every day; seasonal fruits and vegetables are used

Week 1 commencing: 2/9, 23/9, 14/10, 18/11, 9/12, 20/1, 10/2
Week 2 commencing: 9/9, 30/9, 4/11, 25/11, 6/1, 27/1
Week 3 commencing: 16/9, 7/10, 11/11, 2/12, 13/1, 3/2

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Potato Waffles and Baked Beans (G) Autumn Lentil Soup and Crusty Baguette(G) VE Jacket Potato with Beans and Cheese (S)	VE Mexican Burrito (S,G) Moroccan Chickpea Stew and Cous Cous (G) VE Jacket Potato with Beans and Cheese (S)	VE Pesto Pasta (G,S) VE Jacket Potato with Beans and Cheese (S)	Sausage Mash and peas(G,S) Tomato and Basil Gnocchi (G) VE Jacket Potato with Beans and Cheese (S)	VE Pizza and wedges (G,S) Aubergine and Tomato Curry with Rice VE Jacket Potato with Beans and Cheese (S)
	Light Meal	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds
	Dessert	VE Yoghurt and strawberry puree (S) Fresh fruit	VE Apple and Pear Crumble with Ice Cream (S,G) Fresh Fruit	Blueberry Muffin (S,G) Fresh Fruit	Jelly Fresh Fruit	Ice Lolly Fresh Fruit
WEEK 2	Main Option	Hot Dog and Wedges (S,Mu, G) Homemade Tomato Soup and Crusty Baguette (G) VE Jacket Potato with Beans and Cheese(S)	Shepherdess Pie (S,Ce) Nachos topped with Chilli(S,G) VE Jacket Potato with Beans and Cheese(S)	VE Macaroni Cheese (S,G) Chana Masala and Rice VE Jacket Potato with Beans or Cheese (S)	Fishless Fingers with Peas and New Potatoes (G,S) Spanish Butterbean Stew and Crusty(G) VE Jacket Potato with Beans and Cheese(S)	VE Pizza and Wedges (G,S) Stir Fried Vegetable Noodles (G,S) VE Jacket Potato with Beans and Cheese(S)
	Light Meal	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds
	Dessert	VE Yoghurt and Raspberry puree (S) Fresh fruit	Chocolate Sponge cake (S,G) Fresh Fruit	Apple and Cinnamon Oat Slice(G,S) Fresh Fruit	Sticky Toffee Sponge (G,S) Frsh Fruit	Ice Lolly Freaht Fruit
WEEK 3	Main Option	Sausage Roll and Baked Beans (S,G,Mu) Winter Vegetable Soup and Crusty Baguette(G) VE Jacket Potato with Beans and Cheese(S)	VE Cheese and Tomato Panini with Wedges(G,S) Moroccan Vegetable Pittas with Houmous (G,S) VE Jacket Potato with Beans and Cheese(S)	VE Mediterranean Pasta Bake (G,S) Dahl and Rice (Ce) VE Jacket Potato with Beans and Cheese(S)	Spaghetti and Meatballs (G,S) VE Winter Vegetable Pasty (G,S) VE Jacket Potato with Beans and Cheese (S)	VE Pizza and Wedges(G,S) Spinach and Sweet Potato Curry and Rice VE Jacket Potato with Beans and Cheese (S)
	Light Meal	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds
	Dessert	VE Yoghurt and Blueberry puree(S) Fresh fruit	Jelly Fresh Fruit	Vanilla Sprinkle Cake(G,S) Fresh Fruit	Coconut Flapjack(S,G) Fresh Fruit	Ice Lolly Fresh Fruit

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Week 3 commencing: 16/9, 7/10, 11/11, 2/12, 13/1, 3/2