

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Soup of the day, Herb Salted Croutons, Chilli Flakes, Sunflower Seeds, Pumpkin Seeds				
Bread	Freshly Baked Flavoured Breads				
Main	Chicken Arrabbiata with Pasta	Mild Beef Chilli Con Carne with Nachos, Sour Cream & Chive	Roast Chicken with Yorkshire Pudding & Gravy	Mild Massaman Chicken Curry	Oven Baked Breaded Fish (gluten free)
Vegetarian main	Creamy Baked Gnocchi with Butternut Squash & Spinach	Mild Vegetable Chilli	Vegetarian Quiche	Aubergine Dhansak	Squash, Lentil & Sausage Roll
	Jacket & Sweet Potatoes Available Daily				
Sides	Baked Mediterranean vegetables	Steamed Fluffy Rice, Glazed Carrots	Thyme Roast Potatoes, Glazed Roots	Plain Rice	Chunky Chips & Baked Beans (low salt and sugar)
Dessert	Fruit pots with Fresh Fruits	Gooey Chocolate Brownies & Fresh Fruits	Natural Yoghurt with Fruit Compote & Fresh Fruits	Fruit Jelly & Fresh Fruits	Sorbet & Fresh Fruits
Big bowl salad	Feta, Mint, Pickled Watermelon	Roasted Butternut Squash & Spinach Leaves	Classic Caesar Salad	Bulgur Wheat, Peas & Pomegranate	Rice, Spring Onion, & Red Pepper
Everyday salads	Tomato, Cucumber, Eggs, Mixed Leaves, Sweetcorn, Cheese, Peppers, Carrot with a Selection of Dressings				
Fruit bar	Whole Fruit: Banana, Satsuma, Pears, Apples Fruit Pots: Duo of Melon, Grapes, Pineapple				
Yoghurt bar	Natural Yoghurt, Fruit Compote, Dried Fruits, Seeds				
Nibble pot	Carrot	Cucumber	Sweetcorn	Pepper	Cucumber

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Soup	Soup of the day, Herb Salted Croutons, Chilli Flakes, Sunflower Seeds, Pumpkin Seeds				
Bread	Freshly Baked Flavoured Breads				
Main	Mild Chicken Curry	Cumberland Pork Sausages, Halal Chicken Sausages & Onion Gravy	Roast Chicken with Yorkshire Pudding & Trimmings	Beef Bolognese with Pasta	Oven Baked Breaded Fish (gluten free)
Vegetarian main	Cauliflower Mac & Cheese	Plant Based Sausages	Roast Vegetable Pie Topped with Puff Pastry	Vegetable Bolognese with Pasta	Plant Based Sausages
	Jacket & Sweet Potatoes Available Daily				
Sides	Steamed Rice & Broccoli	Mashed Potatoes, Garden Peas	Roasted Potatoes & Glazed Root Veg	Steamed Buttery Green Vegetables	Chunky Chips, Baked Beans (low salt and sugar)
Dessert	Fruit Jelly & Fresh Fruits	Upside Down Pineapple Cake & Fresh Fruits	Natural Yoghurt with Fruit Compote & Fresh Fruits	Fruit Pots & Fresh Fruits	Sorbet & Fresh Fruits
Big bowl salad	Roasted Cauliflower, Fennel & Red Onion	Classic Greek Salad	Five Bean, Sweetcorn & Crispy Chickpeas	Tomato, Basil, & Red Onion Salad	Aubergine Harissa Salad
Everyday salads	Tomato, Cucumber, Eggs, Mixed Leaves, Sweetcorn, Cheese, Peppers, Carrot with a Selection of Dressings				
Fruit bar	Whole Fruit: Banana, Satsuma, Pears, Apples Fruit Pots: Duo of Melon, Grapes, Pineapple				
Yoghurt bar	Natural Yoghurt, Fruit Compote, Dried Fruits, Seeds				
Nibble pot	Carrot	Cucumber	Sweetcorn	Pepper	Cucumber

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Soup	Soup of the day, Herb Salted Croutons, Chilli Flakes, Sunflower Seeds, Pumpkin Seeds				
Bread	Freshly Baked Flavoured Breads				
Main	Sweet 'n' Sour Chicken with Noodles	Diced Jerk Chicken	Roast Turkey with Yorkshire Pudding & Rich Gravy	Pepperoni Pizza	Oven Baked Breaded Fish (gluten free) or Chicken Sausages
Vegetarian main	Vegetable Sweet 'n' Sour with Noodles	Vegetable Tortilla	Butternut Squash, Spinach, Feta & Filo Pie	Tomato & Cheese Pizza	Plant Based Sausages
	Jacket & Sweet Potatoes Available Daily				
Sides	Braised Cabbage	Plain Rice & Garden Peas	Roast Potatoes, Glazed Roots, Green Beans	Homemade Wedges & Sweetcorn	Chunky Chips, Baked Beans (low salt and sugar)
Dessert	Fruit Jelly, Fresh Fruits	Natural Yoghurt with Fruit Compote & Fresh Fruits	Strawberry Mousse Pots & Fresh Fruits	Fruit Pots	Sorbet & Fresh Fruits
Big bowl salad	Asian Slaw	Potato, Spring Onion & Parsley Salad	Beetroot, Orange, Sour Cream & Chive	Pesto Pasta with Sundried Tomato	Fresh Pea & Lemon Couscous
Everyday salads	Tomato, Cucumber, Eggs, Mixed Leaves, Sweetcorn, Cheese, Peppers, Carrot with a Selection of Dressings				
Fruit bar	Whole Fruit: Banana, Satsuma, Pears, Apples Fruit Pots: Duo of Melon, Grapes, Pineapple				
Yoghurt bar	Natural Yoghurt, Fruit Compote, Dried Fruits, Seeds				
Nibble pot	Carrot	Cucumber	Sweetcorn	Pepper	Cucumber