



Week 1 :

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
1st Choice MAIN DISH	Cumberland sausages served with steamed new potatoes, seasonal vegetables & gravy	Turkey Pie served with steamed vegetables & potatoes	Warm Beef & homemade Baps with potato wedges, baked beans & broccoli	Roasted chicken Breast with Yorkshire pudding, mixed vegetables, gravy & potatoes	Crispy Salmon filets with chips, peas & lemon
2nd Choice VEGETARIAN DISH	Vegetarian sausages served with steamed new potatoes, seasonal vegetables & gravy	Free Range Egg & cheese omelettes with vegetables & new potatoes	Quorn Korma with steamed vegetables, curry potato wedges & mini naans	Quorn Fillet served with Yorkshire pudding, mixed vegetables, gravy & potatoes	Tomato & Mozzarella flatbread served with chips & salad
3rd Choice JACKET POTATO OR DELI OPTION	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings
Two of the following are available interchangeably for jackets: baked beans, cheese, tuna, ham Two of the following are available interchangeably for sandwiches & wraps: ham, cheese, egg mayo, tuna & sweetcorn, chicken mayo.					
Dessert	Pineapple, coconut & lime flapjacks	Carrot & mango muffins	Fruit Salad in Strawberry Jelly	Yoghurt & home-made granola pots	Toffee Cake served with custard
ADDITIONAL DESSERTS options available daily to choose from: raisins, fruit salads, fresh fruits, yoghurts, cheese & crackers					
SALAD BAR (Your child's 5 a day top up station) – Freshly prepared salad bar items such as cucumber sticks, mixed peppers sticks, tomatoes, sweetcorn, lettuce, beetroot, potato or pasta salads, hummus, cous cous, etc. (minimum 5 items available daily)					
Week Commencing ; 13/11/17, 4/12/17, 8/1/18, 29/1/18, 26/2/18, 19/3/18, 23/4/18, 14/5/18, 11/6/18, 2/7/18					

Week 2:

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
1st Choice MAIN DISH	Ham & Cheese pizza served with potato wedges, roasted carrots & sweetcorn	Roasted Pork with apple sauce, roasted potatoes, gravy, Yorkshire pudding & seasonal vegetables	Beef meatballs in tomato sauce with wholegrain penne pasta, sweet corn & green beans	Yoghurt marinated chicken breast pieces with mild curry sauce & vegetable rice	Battered Cod Fillets with chips & choice of peas or mushy peas & lemon wedge
2nd Choice VEGETARIAN DISH	Margarita pizza slices with potato wedges, roasted carrots & sweetcorn	Quorn chunks served with roasted potatoes, gravy, Yorkshire pudding & seasonal vegetables	Quorn meatballs in tomato sauce with wholegrain penne pasta, sweet corn & green beans	Vegetarian Baked roll served with steamed vegetables & new potatoes	Cheese & Broccoli Quiche with peas & chips
3rd Choice JACKET POTATO OR DELI OPTION	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings
Two of the following are available interchangeably for jackets: baked beans, cheese, tuna, ham Two of the following are available interchangeably for sandwiches & wraps: ham, cheese, egg mayo, tuna & sweetcorn, chicken mayo.					
Dessert	Lemon drizzle cake	Jammy biscuit with oats	Coco brownie	Ice cream & Fruit	Fruity Tray Bake with custard
ADDITIONAL DESSERTS options available daily to choose from: raisins, fruit salads, fresh fruits, yoghurts, cheese & crackers					
SALAD BAR (Your child's 5 a day top up station) – Freshly prepared salad bar items such as cucumber sticks, mixed peppers sticks, tomatoes, sweetcorn, lettuce, beetroot, potato or pasta salads, hummus, cous cous, etc. (minimum 5 items available daily)					
Week Commencing ; 30/10/17, 20/11/17, 11/12/17, 15/1/18, 5/2/18, 5/3/18, 26/3/18, 30/4/18, 21/5/18, 18/6/18, 9/7/18					

Week 3:

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
1st Choice MAIN DISH	Cheese & Ham Pizza served with garlic bread	Chicken & sweetcorn pie with steamed new potatoes, cabbage & roasted carrots	Minced Beef & dumplings with mashed potatoes, crushed swede & carrots & steamed cauliflower	Sweet chilli chicken filets with steamed rice, sweetcorn & tomato salsa with broccoli	Fish Fingers, chips, minted peas & lemon mayo
2nd Choice VEGETARIAN DISH	Cheese Pasta & Garlic Bread, served with mixed vegetables	Quorn & Vegetable Pie with steamed new potatoes, cabbage & roasted carrots	Quorn Mince & dumplings with mashed potatoes, crushed swede & carrots & steamed cauliflower	Vegetable fajitas with potato wedges & salsa	Vegetable Chow Mein with egg noodles
3rd Choice JACKET POTATO OR DELI OPTION	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings
Two of the following are available interchangeably for jackets: baked beans, cheese, tuna, ham Two of the following are available interchangeably for sandwiches & wraps: ham, cheese, egg mayo, tuna & sweetcorn, chicken mayo.					
Dessert	Banana & date muffin	Coconut & lime rice pudding with peaches	Ice cream & Fruit	Apple & Pear crumble with custard	Peach & jam puff pastry swirl with fruit salad
ADDITIONAL DESSERTS options available daily to choose from: raisins, fruit salads, fresh fruits, yoghurts, cheese & crackers					
SALAD BAR (Your child's 5 a day top up station) – Freshly prepared salad bar items such as cucumber sticks, mixed peppers sticks, tomatoes, sweetcorn, lettuce, beetroot, potato or pasta salads, hummus, cous cous, etc. (minimum 5 items available daily)					
Week Commencing ; 6/11/17, 27/11/17, 18/12/17, 22/1/18, 19/2/18, 12/3/18, 16/4/18, 7/5/18, 4/6/18, 25/6/18, 16/7/18					