

**THIS WEEK'S MENU. For all food allergens, refer to file.**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<b>Breakfast every day</b>	Assorted fruit yoghurts, cereal and porridge with assorted toppings. Wholemeal toast with butter, honey, marmite, and jam. Fresh fruit selection. Tea, whole milk or water.						
	<b>Breakfast</b>	Greek yoghurt, honey, dates & apricots	Scrambled eggs and cherry tomatoes	Pancakes, maple syrup and blueberries	Bacon and mushrooms	Soft boiled eggs and bagels	Pain au chocolat and milkshake	
<b>Fruit break</b>		Selection of fresh fruit offered every day						
<b>LUNCH</b>	<b>Lunch</b>	Sausage meat plait, potatoes, broccoli & gravy	Beef Stroganoff, tagliatelli, and sweet corn	Chicken Korma, rice, naan, cucumber and mango chutney	Steak and mushroom pie, mashed potatoes and carrots	Teriyaki salmon, noodles and bean shoot salad	SPORTS DAY	
	<b>Vegetarian / Restricted diet</b>	Roast vegetable tart	Mushroom and pepper Stroganoff	Sweet potato and spinach curry	Vegetable pie	Omelettes		
	<b>Pudding</b>	Black forest gateau	Strawberry meringues and cream	Mango sorbet	Rice Krispie cake topped with cake angels	Mandarin and ginger nut cheesecake cups		
	<b>Lunch every day</b>	Selection of baked potatoes, cold meats and fish on salad bar, optional salmon fillets or chicken thighs on hot counter. Fresh fruit selection, homemade rice pudding every day in winter.						
<b>Little Tea</b>		Flapjack water and squash	Sausage rolls, water and squash	Yum yums with water & squash	Cookies with water & squash	Iced chocolate cake, water & squash		----- -
<b>TEA</b>	<b>Tea</b>	Chicken tenders in a bap, tomatoes, iceberg, curly fires and mayo	Cod goujons, chips and peas	Petit pain, brie, pate, cubed cheese, pork pies, and full salad bar	Chicken Kiev, saute potatoes, peas and baked beans	Pasta, tomato sauce, pesto, garlic bread and grated cheese		
	<b>Vegetarian / Restricted diet</b>	Fried egg bap	Cheese & onion slice	Mixed salads	Vegetable Kiev	Pasta and sauces		
	<b>Soup &amp; bread</b>	Vegetable soup	Butternut and sage soup	Red lentil and coconut soup	Spinach and nutmeg soup	Moroccan chickpea soup		
	<b>Tea every day</b>	2 <sup>nd</sup> choice option, salad bar selection, cheese and biscuits, yoghurts, wholemeal bread with butter, marmite, honey and jam. Fresh fruit selection. Tea, whole milk or water. Soup and rolls every day in winter						
<b>Evening snack</b>		Milk and biscuits, cereal and toast, depending on the year group						