

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

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Breakfast every day	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.						
	Breakfast				Bacon & petit pain	Scrambled eggs & English muffins	Greek yoghurt, blueberries & honey	Sausages & fromage frais
Fruit break		Selection of fresh fruit offered every day						
LUNCH	Lunch			Tandori chicken, rice, poppadoms, cucumber & mango chutney	Lasagne, garlic bread and sweet corn	Scampi, chips, peas, lemon wedges and tartar sauce	Pasta with crispy bacon, tomato & basil sauce, sugar snaps and grated cheese	Roast beef & Yorkshires, roast potatoes, peas, carrots, gravy and horse radish sauce
	Vegetarian / Restricted diet			Vegetable curry	Veggie lasagne	Cheese & plain omelettes	Pasta and sauce	Falafels
	Pudding			Black Forest gateaux	Lemon ripple ice cream	Chocolate & pear crumble with chocolate sauce	Strawberry jelly	Twister ice lolly
	Lunch every day	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.						
Little Tea				Tunnocks caramel wafer, water & squash	Traybake, water & squash	Home-made cake, water and squash	Yum yums, water & squash	-----
TEA	Tea			Sausages, Yorkshires, mash, peas & carrots and onion gravy	Pork ribs, chicken filets, egg noodles, sweet & sour sauce, bean shoot salad & prawn crackers	Lamb hot pot with honey roasted carrots & parsnips	Chilli con carne, rice, salsa, nachos, sour cream and cheese	Chicken in tomato sauce, topped with mozzarella, new potatoes and broccoli
	Vegetarian / Restricted diet			Veggie sausages	Jumbo spring rolls	Veggie hot pot	Non chilli con carne	Broccoli and red pepper sauce, topped with mozzarella
	Soup & bread			Spicy sweet corn soup	Chicken noodle soup	Red lentil & coconut soup	Sweet potato & rosemary soup	Pea & mint soup
	Tea every day	2 nd 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						
Evening snack		Milk and biscuits, cereal and toast, depending on the year group						