

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

BREAKFAST	3/2/20 Wk 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	<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>	Baked beans & mini rosti	Boiled eggs & English muffins	Bacon & mushrooms	American pancakes, blueberries & syrup	Croissants & fruit juice	Scrambled eggs & cherry tomatoes	Sausages & fromage frais	
<b>Fruit break</b>		Selection of fresh fruit offered every day							
LUNCH	<b>Lunch</b>	Chicken in a tomato and mozzarella sauce, Olive oiled new potatoes, peas & sweetcorn	Roast pork, roast potatoes, carrots, cauliflower, apple sauce & gravy	Tandoori chicken, rice, naan, cucumber wedges & mango chutney	Lasagne, garlic bread and peas	Scampi, chips, peas, lemon wedges & tartar sauce	Pasta, tomato & basil sauce, crispy bacon, sugar snaps & grated cheese	Roast beef, roast potatoes, Yorkshires, carrots, peas, horseradish & gravy	
	<b>Vegetarian / Restricted diet</b>	Mushroom Provencale	Cauliflower & broccoli mornay	Stuffed peppers	Vegetable lasagne	Omelettes	Pasta & sauce	Falafels	
	<b>Pudding</b>	Chocolate ripple ice cream	Lemon curd cake & Vanilla sauce	Rice crispy cake with cake angels	Black forest gateau	Apple crumble & custard	Jelly	Choc ices	
	<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>		Chocolate shortbread	Pesto pin wheels	Mint club	Flapjack	Cookies	Tunnocks	-----	
TEA	<b>Tea</b>	Beef in black bean sauce, noodles, sticky ribs & prawn crackers	Fish fingers, Chunky chips & baked beans	Match: Beef burger, seeded bap & chunky chips and salad Tea: Sausages, mash, Yorkshires & carrots	Tuna Melts, curly fries, and celery sticks	Sweet potato and spinach curry, with rice, poppadoms and mango chutney	Match: Hot dogs, wedges, onions & cherry tomatoes Tea: Chicken Kiev, saute potatoes and baked beans.	Koftas, pitta, cous cous salad, houmous & carrot sticks Or Chicken and chorizo risotto	
	<b>Vegetarian / Restricted diet</b>	Vegetable Spring rolls & stir fry	Omelettes	Veggie sausages	Mozzarella and sundried tomato melts	Sweet potato and spinach	Vegetable Kiev	Spicy bean burger	
	<b>Soup &amp; bread</b>	Carrot and coriander	Heinz tomato	Leek & potato	Chicken noodle	Spiced lentil and coconut	Sweet potato & rosemary	Mushroom and garlic	
	<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							