

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

	10/2/20 Wk2	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>	Boiled eggs & crumpets	Bacon & petit pain	Blueberry muffins with Mango & apple juice	Greek yogurt, honey, dates and apricots	Scrambled eggs and hash browns		
<b>Fruit break</b>		Selection of fresh fruit offered every day						
<b>LUNCH</b>	<b>Lunch</b>	Sausage meat plait, roasted new potatoes, green beans, cauliflower & sweet corn	Shepherds' pie and broccoli	Pork Stroganoff, wild rice and sweet corn	Pan fried steak, peas, mushrooms, grilled tomatoes and julienne chips	HALF TERM		
	<b>Vegetarian / Restricted diet</b>	Roast vegetable tart	Lentil & vegetable pie	Quorn Stroganoff	Cheese omelettes			
	<b>Pudding</b>	Banana cake topped with frosting	Sticky toffee pudding & toffee sauce	Peaches & cream with meringue nests	Plum crumble and custard			
	<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>		Cherry short bread	Savoury cheese bread	Penguins	Yum Yums			-----
<b>TEA</b>	<b>Tea</b>	Chilli con carne, rice, tacos, salsa, grated cheese & sour cream	Cod goujons, chunky chips, baked beans	Match: Lamb & mint burger in a bun, sweet potato fries, ice berg Tea: Roast chicken, potatoes, cauliflower, gravy & cranberry sauce	Pasta and sauces, garlic bread, grated cheese & mixed salad			
	<b>Vegetarian / Restricted diet</b>	Vegetable chilli.	Mozzarella sticks	Cauliflower mornay	Pasta & sauces			
	<b>Soup &amp; bread</b>	Sweet corn chowder	Heinz tomato	French onion	Chicken noodle			
	<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						