

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

		24/2/20 Wk3	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		Baked Beans and Mini potato waffles	Belgium Waffles & Apple and Orange juice.	Bacon & Petit Pain	Cheese & Tomato Bagels with Hot Chocolate.	Scrambled eggs & cherry tomatoes	Sausages & fromage frais	
Fruit break		Selection of fresh fruit offered every day							
LUNCH	Lunch	Spaghetti Bolognese, garlic bread, peas	Roast Turkey, pigs in blankets, roasted new potatoes, broccoli & gravy and cranberry sauce.	Teriyaki Salmon, noodles, sugar snaps, baby corn	Cottage Pie & Carrots	Scampi, Julienne chips, peas, tartar sauce	Macaroni Cheese, with ham and tomato topping. Sweetcorn.	Roast Pork, roast potatoes, crackling, carrots, peas, gravy, apple sauce	
	Vegetarian / Restricted diet	Vegetable Lentil Bolognese	Mediterranean roasted Vegetable Tart	Sesame Tofu, noodles, sugar snaps, & baby corn	Vegetable Lentil Pie	Omelettes	Macaroni Cheese	Falafels	
	Pudding	Raspberry Ripple Ice Cream	Homemade pancakes with lemon and sugar.	Lemon Sponge Cake.	Strawberry cheesecake cups.	Chocolate & Pear crumble with chocolate sauce	Raspberry Jelly	Cornetto	
	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		Banana Loaf Cake	Pesto Pinwheels	Mini Gingerbread Men	Cookies	Iced Vanilla Cake	Time out	-----	
TEA	Tea	Chicken Katzu Curry, rice, grated carrot, sweet corn, cucumber	Ham & Mozzarella ciabattas, cherry tomatoes, saute potatoes	Match: Sausage rolls, spaghetti hoops, Herbed potatoes. V:Veg Sausage Tea: Beef Rogan Josh, rice, mango chutney, poppadoms, cucumber sticks	Chicken Stir fry with plum sauce, egg fried rice, prawn crackers	Vegetable, lasagne, garlic bread, salad	Match: Breaded chicken burger, BBQ sauce, cheese slice, bap and curly fries. Tea: Mixed Grill, sausage, bacon, hash browns, baked beans	Peperoni pizza, wedges, corn cobs and coleslaw.	
	Vegetarian / Restricted diet	Breaded Quorn	Sundried tomato & mozzarella ciabattas	Sweet Potato & chick pea -Rogan Josh	Sweet & Sour Quorn	Vegetable Lasagne garlic bread & salad	Stuffed Mushrooms	Tomato pizza	
	Soup & bread	Watercress	Heinz tomato	Butternut squash and sage	Chicken Noodle	Spiced Parsnip	Cauliflower and Cumin	Minestrone	
	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							