

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

	9/3/20 Wk2	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	Blueberry muffins with Mango juice	Greek yogurt, honey ,dates and apricots	Soft boiled eggs and hash browns	Pain au chocolate and hot chocolate	Sausage and fromage frais
Fruit break		Selection of fresh fruit offered every day						
LUNCH	Lunch	Turkey Korma, rice, poppadum's, cucumber sticks, mango chutney.	Salmon with a lemon and dill sauce, olive oil new potatoes, carrots, sweetcorn and green beans.	Teriyaki chicken, sesame noodles with sugar snap peas and baby corn.	Braised steak, mashed potatoes, carrots & gravy.	Baked breaded cod, chips, peas ,lemon and tartar sauce	Pasta carbonara with Ham and a mixed leaf salad	Roast beef, Yorkshire pudding, roast potatoes, carrots, peas, horseradish sauce and gravy.
	Vegetarian / Restricted diet	Chick pea and lentil dhal.	Ratatouille	Teriyaki tofu.	Bean casserole.	Omelettes	Mushroom Pasta	Beetroot falafel
	Pudding	Banana cake topped with frosting	Sticky toffee pudding & toffee sauce	Peaches & cream with meringue nests	Plum crumble and custard	Apple filo pie & vanilla ice cream	Fruit salad	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		Cherry short bread	Savoury cheese bread	Penguins	Brownie	Yum yums	Orange club	-----
TEA	Tea	Sweet chilli chicken wraps, sweet potato fries, iceberg & tomatoes	Chilli con carne, rice, tacos, salsa, cheese & sour cream	Match: No matches Tea: Lamb & mint burger, brioche bun, iceberg, tomatoes, noisette potatoes	Pasta and sauces, dough balls grated cheese & mixed salad	Plant based burger, seeded bun, homemade smokey paprika wedges, corn cobs	Match: No match tea Tea: Sausage rolls, herbed potatoes and spaghetti hoops.	Fish cakes BLT Chunky chips and baked beans.
	Vegetarian / Restricted diet	Mozzarella sticks	Vegetable chilli	Spicy bean burger	Pasta & sauces	Plant based burger.	Vegetarian Sausages.	Lentil and spinach pie
	Soup & bread	Sweet corn chowder	Heinz tomato	French onion	Chicken noodle	Celery soup.	Broccoli and stilton soup.	Mexican bean 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						