

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 | Hash browns & baked beans | Bacon & poached eggs | Cheese & tomato bagels | Blueberry croissant | Pancakes & fruit | Pain au chocolat & fruit juice | Sausages & frubes |
| Fruit break | | Hash browns Selection of fresh fruit offered every day | | | | | | |
| LUNCH | Lunch | Jerk chicken, coconut rice & mixed vegetables | Roast pork, roast potatoes, broccoli, apple sauce & gravy | Beef meatballs in tomato sauce, pasta, peas & grated cheese | Chilli con carne, rice, nachos, salsa, sour cream & grated cheese | Scampi, chips, peas, lemon wedges & tartar sauce | Tomato & bacon pasta, cheese & sugar snaps | Roast beef, Yorkshires, roast potatoes, green beans & cauliflower, gravy & horse radish sauce |
| | Vegetarian / Restricted diet | Jerk quorn filet | Vegetable tart | Veggie Swedish style meatballs in tomato sauce | Chilli non carne | Omelettes | Tomato pasta | Beetroot falafels |
| | Pudding | Raspberry ripple ice cream | Strawberries & cream | Chocolate cake & chocolate sauce | Banoffee cake & frosting | Apple & plum crumble & custard | Jelly | Ice creams |
| | 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 shortbread | Pesto pinwheels | Donuts/ Gingerbread men | Cookies | Chocolate brownie | Donuts/tunnocks | ----- |
| TEA | Tea | Cod fish fingers, chunky gourmet chips | Sweet & sour chicken, noodles, stir fry vegetables & prawn crackers | Pizza, corn cobs, coleslaw, chicken drumsticks, potato salad, & petit pain | Sliced turkey, new potatoes, cocktail sausages, mixed vegetables & gravy | Chicken Katsu curry, rice, grated carrot, cucumber & sweet corn | Sausage rolls, potato salad, petit pain, avocado, & BBQ chicken wings | Lamb koftas, pitta bread, hot dogs in a roll, onions & salad |
| | Vegetarian / Restricted diet | Mozzarella sticks | Sweet & sour quorn & vegetables | Cheese & tomato pizza | Fritata | Vegetable snitzel | Vegetable sausage roll | Quorn frankfurter |
| | Soup & bread | Sage & butternut squash | French onion | Sweet potato & rosemary | Tomato | Carrot & coriander | Chicken & sweet corn | Roast pepper & tomato |
| | 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 | | | | | | |