

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

WEEK TWO

		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 & mini rosti	Poached eggs & cheesy muffins	Blueberry muffins & banana smoothie	Boiled egg and petit pain	Cheese and chorizo crumpets	Pain au raisin & sliced melon	Sausages and fruit yoghurts
Fruit break		Selection of fresh fruit offered every day						
LUNCH	Lunch	Turkey, chickpea & sweet potato curry, mango chutney and pakoras and cucumber wedges	Roast pork loin, roasted potatoes, roast cauliflower, gravy, apple sauce, carrots & parsnips	Chicken & ham pie, pastry tops, mash potato, broccoli	BBQ chicken, crushed rosemary & garlic new potatoes with sweet corn	Scampi and chips, peas, lemon wedges	Pasta carbonara, grated cheese and cherry tomatoes	Roast beef, Yorkshire puddings, roast potatoes, peas, carrots, horseradish sauce and gravy
	Vegetarian / Restricted diet	Spinach, chick pea and sweet potato curry	Stuffed peppers with cous-cous and bean	Vegetarian pie	BBQ coated plant based fillet	Stuffed Portobello mushrooms	Garlic and tomato pasta	Beetroot falafels
	Pudding	Fruit sorbet	Peaches, meringue, whipped cream	Black forest gateau	Lemon curd cake	Sticky toffee pudding & toffee sauce	Strawberry mousse cups	Ice fruit lollies
	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		Shortbread	Cheese scones	Club	Flapjack	Iced vanilla cake	Apple beignets	
TEA	Tea	Pasta & sauces, dough balls, cherry tomatoes and carrot sticks	Beef burgers, mixed rolls, cheese slices, iceberg lettuce, tomato slices, gherkins and chunky chips	Match Tea: Pizza slice Teriyaki salmon or teriyaki chicken, noodles, sugar snap peas & mange tout.	Mixed Grill: Sausages, bacon, baked beans, hash browns, mushrooms, & grilled tomatoes	Sliced turkey, pigs in blankets, olive oil potatoes, green beans & roasted red peppers and gravy	Match Tea: Hot dog in a roll Chilli con carne, sour cream, salsa, guacamole, nachos and rice	Sausage rolls, spaghetti hoops and jumbo potato waffles
	Vegetarian / Restricted diet	Pasta & sauces	Plant based burger in a bun	Tofu in Teriyaki sauce & sesame seeds	Mixed grill	Quorn filets in gravy	Spicy bean chilli	Vegetarian sausages
	Soup & bread	Mushroom	Cream of chicken	Heinz tomato	Roasted red pepper	Carrot & coriander	Mumbai aloo potato	Sweet potato and sage
	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						