

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

WEEK THREE

		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 & hash browns	Bacon & mushroom	Belgian waffles & fruit juice	Scrambled egg and smoked salmon	Ham and cheese croissant	Pancakes & blueberries	Sausages & fruit yoghurts
Fruit break		Selection of fresh fruit offered every day						
LUNCH	Lunch	Jerk chicken, coconut rice, black eyed beans, peas and sweetcorn	Braised steak in gravy, mashed potatoes, cabbage and leeks	Lasagne, garlic bread and sweet corn	Sausage meat plait, roasted new potatoes, broccoli, gravy	Breaded fish, chips, peas, grilled tomatoes, lemons, tartare sauce	Pasta, crispy bacon, tomato sauce, cheese, sugar snaps	Roast beef, Yorkshire puddings, carrots, peas, roast potatoes, horseradish sauce, gravy
	Vegetarian / Restricted diet	Jerk quorn	Vegetable tart	Roasted vegetable lasagne	Vegetarian plait	Omelette selection	Tomato pasta	Quorn filets in gravy
	Pudding	Victoria sponge	Banoffee cake	Fruit salad	Syrup sponge and vanilla sauce	Apple filo pie and custard	Jelly fruit pots and cream	Strawberry 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		Chocolate chip cake	Pesto pin wheels	Kit-Kat	Chocolate brownie	Yum-yums	Gingerbread men	-----
TEA	Tea	Ham, egg, grilled tomato, herb diced potatoes, garlic roasted courgettes	Chicken burger, mixed rolls, sweet potato fries, lettuce and tomato slices	Match Tea: Cheese slice Chasur pork, noodles, duck spring rolls, prawn crackers, grated carrots	Tandori chicken, rice, naan bread, mango chutney and cucumber wedges	Beef fajitas, sour cream, spicy wedges, grated cheese, salsa and mixed leaves	Match Tea: Hot dogs Chicken Kiev, olive oil potatoes, baked beans, coleslaw	Lamb kofta, flat breads, cous-cous, falafel, halloumi, tzatziki and corn cobs
	Vegetarian / Restricted diet	Cauliflower cheese	Vegetarian schnitzels	Vegetable spring rolls	Paneer keema	Spicy bean fajitas	Vegetable Kiev	Halloumi
	Soup & bread	Pea & mint	Thai coconut	Miso	Mexican bean	Roast parsnip	Butternut squash and sage	Tomato soup & baguettes
	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						