

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 cherry tomatoes	Ham and cheese croissant	Pancakes & syrup with fruit compote	Sausages & fruit yoghurts
Fruit break		Selection of fresh fruit offered every day						
LUNCH	Lunch	Jerk chicken, coconut rice, black eyed beans, peas and sweetcorn	Ragout of beef, herb dumplings, spring onion mash and glazed carrots	Lasagne, garlic bread and sweet corn	Sausage meat plait, roasted new potatoes, broccoli and onion gravy	Breaded fish, chips, peas, grilled tomatoes lemons, tartare sauce	Pasta, crispy bacon, tomato sauce, cheese, sugar snaps	Roast pork, crackling, roast potatoes, carrots, peas, apple sauce, gravy
	Vegetarian / Restricted diet	Jerk quorn	Vegetable tart	Roasted vegetable lasagne	Vegetarian plait	Stuffed mushrooms	Tomato pasta	Quorn filets in gravy
	Pudding	Steamed jam sponge & custard	Carrot cake and frosting	Rocky road	Syrup sponge and vanilla sauce	Apple filo pie and custard	Jelly fruit pots	Strawberry Cornetto
	Lunch every day	Selection of baked potatoes, cold meats and fish on salad bar, optional alternate days offering 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, green beans and roasted peppers	Chicken burger, mixed rolls, sweet potato fries, lettuce and tomato slices and pesto mayonnaise	Match Tea: Cheese pastry slice Charsur pork, noodles, duck spring rolls, prawn crackers, grated carrots	Chicken curry, 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	Vegetable curry	Spicy bean fajitas	Vegetable Kiev	Halloumi
	Soup & bread	Cream of vegetables	Carrot and coriander	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						