

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	Chipolatas & plum tomatoes	Blueberry muffins & banana smoothie	Boiled egg and petit pain	Poached eggs & cheesy English muffins	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, rice, mango chutney and pakoras and cucumber wedges	Honey roast gammon, cauliflower cheese, mixed vegetables, gravy and pineapple relish	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 pork, roast potatoes, peas, carrots, apple 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	Omelettes	Garlic and tomato pasta	Beetroot falafels
	Pudding	Sticky toffee cake and toffee sauce	Peaches, meringue, whipped cream	Black forest gateau	Warm lemon curd cake and custard	Pear & chocolate crumble with chocolate sauce	Strawberry shortcake mousse cups	Choc ices
	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		Shortbread	Pizza pinwheels	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	Cottage pie with green beans and carrots	Match Tea: Hot dog in a roll Breaded chicken wraps, iceberg, sliced tomatoes, peppers, salsa and mayonnaise	Chilli con carne, rice, sour cream, guacamole and nachos
	Vegetarian / Restricted diet	Pasta & sauces	Plant based burger in a bun	Tofu in Teriyaki sauce & sesame seeds	Mixed grill	Vegetable pie	Mixed bean wrap	Vegetable chilli
	Soup & bread	Leek & potato	Cream of chicken	Heinz tomato	Carrot & ginger	Mushroom	Sweet potato and sage	Roasted red pepper and tarragon
	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						