

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

**WEEK ONE**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<b>Breakfast every day</b>	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.						
	<b>Breakfast</b>				Scrambled egg & mushrooms	Croissants and fruit juice	Pancakes & fruit compote	Sausages & fruit yoghurts
<b>Fruit break</b>		Selection of fresh fruit offered every day						
<b>LUNCH</b>	<b>Lunch</b>			Spaghetti Bolognese, garlic bread, sweet corn and grated cheese	Sausage and bean casserole, mash, cauliflower & leeks	Scampi, fries, peas, lemons, and tartare sauce	Meatballs, pasta, tomato sauce, cucumber sticks and cheese	Roast beef, roast potatoes, carrots, peas, Yorkshire puddings, gravy, horseradish sauce
	<b>Vegetarian / Restricted diet</b>			Vegetarian Bolognese	Vegetable sausage and bean casserole	Mixed omelettes	Vegetarian meatballs	Falafels
	<b>Pudding</b>			Chocolate Krispy cake	Banoffee cake	Apple crumble with custard	Chocolate brownie	Ice creams
	<b>Lunch every day</b>	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.						
<b>Little Tea</b>				Iced doughnut	Home cooked cookies	Chocolate cake	Penguins	-----
<b>TEA</b>	<b>Tea</b>			Match Tea: Sausage roll Spanish rice, wings, chorizo, cocktail sausages, mixed vegetables & broccoli	Pan fried steak, herbed potatoes, mushroom & grilled tomatoes	Shepherds' pie, mash, carrots and green beans	Match Tea: Chicken burger Pizza, corn cobs, coleslaw, wedges and salad	Hot dogs, rolls, onions, sautéed potatoes, tomato and mixed leaves
	<b>Vegetarian / Restricted diet</b>			Rice with vegan Buffalo wings	Stuffed mushrooms	Vegetarian pie	Margherita pizza	Vegetarian hot dog
	<b>Soup &amp; bread</b>			Cream of vegetable	Minestrone	Sweet potato & rosemary	Leek & potato	Sweet corn chowder
	<b>Tea every day</b>	2 <sup>nd</sup> 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						
<b>Evening snack</b>		Milk and biscuits, cereal and toast, depending on the year group						