

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Pesto Pasta (G,D) Tomato and Basil Soup with Baguette (G)	Quesadillas and Mexican Rice (G,D) Spinach and Basil Gnocchi (G,D)	Waffles and Baked Beans (G) Sweet Potato and Spinach Curry and Rice	Mediterranean Pasta Bake (G,D) Butterbean & Chickpea Spanish Stew with Baguette (G)	Pizza and Wedges (G,D) Tarka Dahl and Rice
	Light Meal	Jacket Potato & toppings (D) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (D) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (D) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (D) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (D) Salad Selection with Fruits & Seeds
	Dessert	Yoghurt and Raspberry Puree (D) Fresh fruit	Carrot Cake (G,S) Fresh Fruit	Chocolate Mousse (D) Fresh Fruit	Jam and Coconut Sponge(G,S) Fresh Fruit	Ice Cream (D) Fresh Fruit
WEEK 2	Main Option	Macaroni Cheese (D,G) Spring Vegetable Soup with Baguette (G)	Mexican Burrito (D,G) Broccoli and Cheese Pasty (D,G)	Hot Dog and Wedges (S, G, Mu) Chana Masala and Rice	Dauphinoise Potatoes with Broccoli (D,G) Thai Vegetable Curry and Rice	Pizza and Wedges (D,G) Aloo Gobi with Rice
	Light Meal	Jacket Potato & toppings (D) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (D) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (D) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (D) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (D) Salad Selection with Fruits & Seeds
	Dessert	Yoghurt and Strawberry Puree (D) Fresh fruit	Chocolate Sprinkle Cake (G,S) Fresh Fruit	Fruit Jelly Pot Fresh Fruit	Seed and Fruit Flapjack (G,S) Fresh Fruit	Ice Cream (D) Fresh Fruit
WEEK 3	Main Option	Spaghetti and Meatless Meatballs (G,S) Super Green Pea and Spinach Soup with Baguette (G, S)	Nachos and 5 Bean Chilli (G) Tomato and Basil Gnocchi (G)	Fishless Fingers Chips and Peas (G,S) Paneer and Spinach Curry and Rice (D)	Sausage Roll and Baked Beans (G, Mu, S) Moroccan Stew and Baguette (G)	Pizza and Wedges (G,D) Tofu Noodles (S,G)
	Light Meal	Jacket Potato & toppings (D) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (D) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (D) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (D) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (D) Salad Selection with Fruits & Seeds
	Dessert	Yoghurt and Blueberry Puree (D) Fresh fruit	Lemon and Blueberry loaf (S,G) Fresh Fruit	Lemon Shortbread (G, S) Fresh Fruit	Summer Berry Oat Slice (S,G) Fresh Fruit	Ice Cream (D) Fresh Fruit

Allergens:

(D) Dairy (G) Gluten (S) Soya (Mu) Mustard (Ce) Celery (Su) Sulphur

Week 1: 10/3, 31/3, 5/5, 2/6, 23/6, 14/7

Week 2: 24/2, 17/3, 21/4, 12/5, 9/6, 30/6, 21/7

Week 3: 3/3, 24/3, 28/4, 19/5, 16/6, 7/7

Please Note:

Salad bar, fresh breads & fruits are available every day; seasonal fruits and vegetables are used

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	VE Pesto Pasta (S,G) Tomato and Basil Soup with Baguette (G)	VE Quesadillas and Mexican Rice (G,S) VE Summer Vegetable Risotto (G,S)	Waffles and Baked Beans (G) Sweet Potato and Spinach Curry and Rice	VE Mediterranean Pasta Bake (G,S) Butterbean & Chickpea Spanish Stew with Baguette (G)	Pizza and Wedges (G,S) Tarka Dahl and Rice
	Light Meal	Jacket Potato & toppings (S) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (S) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (S) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (S) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (S) Salad Selection with Fruits & Seeds
	Dessert	VE Soya Fruit Yoghurt (S) Fresh fruit	Carrot Cake (G,S) Fresh Fruit	Fruit Jelly Pot Fresh Fruit	Jam and Coconut Sponge (S,G) Fresh Fruit	Ice Lolly Fresh Fruit
WEEK 2	Main Option	VE Macaroni Cheese (G,S) Spring Vegetable Soup with Baguette (G)	VE Mexican Burrito (G,S) VE Broccoli and Cheese Pasty (G,S)	Hot Dog and Wedges (G, S, Mu) Chana Masala and Rice	Thai Vegetable Curry and Rice	Pizza and Wedges (G,S) Aloo Gobi and Rice
	Light Meal	Jacket Potato & toppings (S) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (S) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (S) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (S) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (S) Salad Selection with Fruits & Seeds
	Dessert	VE Soya Fruit Yoghurt (S) Fresh fruit	Chocolate Sprinkle Cake (G,S) Fresh Fruit	Fruit Jelly Pot Fresh Fruit	Seed and Fruit Flapjack (G,S) Fresh Fruit	Ice Lolly Fresh Fruit
WEEK 3	Main Option	Spaghetti and Meatless Meatballs (G,S) Super Green Pea and Spinach Soup with Baguette (G, S)	Nachos topped with 5 Bean Chilli (G) Tomato and Basil Gnocchi (G)	Fishless Fingers with Chips and Peas (G,S)	Sausage Roll and Baked Beans (G, S, Mu) Moroccan Stew and Baguette (G)	Pizza and Wedges (G,S) Tofu Noodles (G,S)
	Light Meal	Jacket Potato & toppings (S) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (S) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (S) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (S) Salad Selection with Fruits & Seeds	Jacket Potato & toppings (S) Salad Selection with Fruits & Seeds
	Dessert	VE Soya Fruit Yoghurt (S) Fresh fruit	Lemon and Blueberry loaf (S,G) Fresh Fruit	Lemon Shortbread (G,S) Fresh Fruit	Summer Berry Oat Slice (S,G) Fresh Fruit	Ice Lolly Fresh Fruit

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