

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Spaghetti Bolognese (G, Ce) Vegetable Soup (Ce, G) Jacket Potato & Toppings (D)	Potato Rosti with Cowboy Beans (Ce) Chinese Fried Rice (Ce,S) Jacket Potato & Toppings (D)	Hot Dog & Chips (G,S) Cauliflower & Sweet Potato Curry (Ce) Jacket Potato & Toppings (D)	Baked Vegetable Gnocchi (G,D) Vegetable Noodles (G,S) Jacket Potato & Toppings (D)	Pizza and Baby Potatoes (G,D) Dahl and Naan Bread (Ce, G) Jacket Potato & Toppings (D)
	Sides	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit
	Dessert	Fruit Yoghurt (D)	Chocolate Pudding (D)	Fruit Crumble & Custard (G,D)	Banoffee Pie (D,G)	Ice Cream (D)
WEEK 2	Main Option	Mac & Cheese (G, D, Mu) Lentil & Butternut Soup (Ce, G) Jacket Potato & Toppings (D)	Burrito with rice and Salsa (Ce, G, D) Veggie Stew & Dumplings (G,Mu,Ce,D) Jacket Potato & Toppings (D)	Baguette of the Day (G,D) Chana Masala (Ce, Mu) Jacket Potato & Toppings (D)	Sausage, Mash and Gravy (G,D,S) Roasted Veg & Couscous (Ce, G) Jacket Potato & Toppings (D)	Pizza and Baby Potatoes (G,D) Dahl and Naan Bread (Ce, G) Jacket Potato & Toppings (D)
	Sides	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit
	Dessert	Fruit Yoghurt (D)	Jelly and Fruit	Chocolate Flapjack (G,D)	Cake and Custard (G,D)	Ice Cream (D)
WEEK 3	Main Option	Pesto Pasta with Cherry Toms (G) Minestrone Soup (Ce, G) Jacket Potato & Toppings (D)	Chilli, Wedges & Sour Cream (D,Ce) Spinach and Cheese Pastry (G,D) Jacket Potato & Toppings (D)	Sausage Roll and Salad (G,S) Matar Paneer (Mu, D, Ce) Jacket Potato & Toppings (D)	Salt & Pepper Tofu Noodles (S,G, Biryani Rice and Yoghurt (Ce, D) Jacket Potato & Toppings (D)	Pizza and Baby Potatoes (G,D) Dahl and Naan Bread (Ce, G) Jacket Potato & Toppings (D)
	Sides	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit
	Dessert	Fruit Yoghurt (D)	Seeded Flapjack (G,D)	Sponge Cake (G,D)	Mousse (D)	Ice Cream (D)

Allergens
D - Dairy | G - Gluten | S - Soya | Mu - Mustard | Ce - Celery

Please Note:
Salad bar, fresh breads & fruits, omega 3 seeds are available every day
Gluten free option and vegan option are available every day
Week 1 commencing: 19 Feb, 11 Mar, 15 Apr, 6 May, 3 June, 24 Jun, 15 Jul
Week 2 commencing: 26 Feb, 18 Mar, 22 Apr, 13 May, 10 Jun, 01 Jul
Week 3 commencing: 04 Mar, 25 Mar, 29 Apr, 20 May, 17 Jun, 08 Jul

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Spaghetti Bolognese (Ce, G) Vegetable Soup (Ce, G) Jacket Potato & Toppings	Potato Rosti with Cowboy Beans (Ce) Chinese Fried Rice (Ce,S) Jacket Potato & Toppings	Hot Dog and Chips (G,S) Coconut Cauliflower & Sweet Potato Curry (Ce) Jacket Potato & Toppings	Baked Vegetable Gnocchi (G) Vegetable Noodles (G,S) Jacket Potato & Toppings	Pizza and Baby Potatoes (G) Dahl and Naan Bread (Ce, G) Jacket Potato & Toppings
	Sides	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit
	Dessert	Soya Yoghurt (S)	Chocolate Pudding	Fruit Crumble & Custard (G)	Fruity Chia Seed Pudding	Fruity Ice Lolly
WEEK 2	Main Option	Mac & Cheese (G,Mu) Butternut and Lentil Soup (Ce, G) Jacket Potato & Toppings	Mexican Burrito and Salad (Ce,G) Veggie Stew with Mash (Ce) Jacket Potato & Toppings	Baguette of the Day (G) Chana Masala (Ce,Mu) Jacket Potato & Toppings	Sausage, Mash and Gravy (G,S) Roasted Veg & Couscous (Ce, G) Jacket Potato & Toppings	Pizza and Baby Potatoes (G) Dahl and Naan Bread (Ce,G) Jacket Potato & Toppings
	Sides	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit
	Dessert	Soya Yoghurt (S)	Jelly and Fruit	Fruity Flapjack (G)	Cake & Custard (G)	Fruity Ice Lolly
WEEK 3	Main Option	Pesto Pasta with Cherry Toms (G) Minestrone Soup (Ce, G) Jacket Potato & Toppings	Chilli & Wedges (Ce) Jacket Potato & Toppings	Sausage Roll and Salad (G,S) Aloo Martar (Ce,Mu) Jacket Potato & Toppings	Salt & Pepper Tofu Noodles (S,G,) Biryani Rice (Ce, Mu) Jacket Potato & Toppings	Pizza and Baby Potatoes (G) Dahl and Naan Bread (Ce,G) Jacket Potato & Toppings
	Sides	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit
	Dessert	Soya Yoghurt (S)	Seeded Flapjack (G)	Sponge Cake (G)	Chocolate Brownie (G)	Fruity Ice Lolly

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	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Spaghetti Bolognese (Ce) Vegetable Soup (Ce) Jacket Potato & Toppings	Potato Rosti with Cowboy Beans (Ce) Chinese Fried Rice (Ce) Jacket Potato & Toppings	Cauliflower & Sweet Potato Curry(Ce) Jacket Potato & Toppings	Vegetable Noodles Jacket Potato & Toppings	Pizza and Baby Potatoes Dahl and Rice (Ce) Jacket Potato & Toppings
	Sides	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit
	Dessert	Coconut Yoghurt	Chocolate Pudding	Fruit Crumble & Custard	Fruity Chia Seed Pudding	Fruity Ice Lolly
WEEK 2	Main Option	Mac & Cheese (Mu) Butternut and Lentil Soup (Ce) Jacket Potato & Toppings	Mexican Burrito and Salad (Ce) Veggie Stew with Mash (Ce) Jacket Potato & Toppings	Wrap of the Day Chana Masala (Ce, Mu) Jacket Potato & Topping	Roasted Veg & Quinoa (Ce) Jacket Potato & Toppings	Pizza and Baby Potatoes Dahl and Rice (Ce) Jacket Potato & Toppings
	Sides	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit
	Dessert	Coconut Yoghurt	Jelly and Fruit	Fruity Flapjack	Cake and Custard	Fruity Ice Lolly
WEEK 3	Main Option	Pesto Pasta with Cherry Toms Minestrone Soup (Ce) Jacket Potato & Toppings	Chilli & Wedges (Ce) Jacket Potato & Toppings	Aloo Martar (Ce,Mu) Jacket Potato & Toppings	Biryani Rice (Ce, Mu) Jacket Potato & Toppings	Pizza and Baby Potatoes Dahl and Rice (Ce) Jacket Potato & Toppings
	Sides	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit	Greens of the Day Fresh Salad Bar, Bread & Fruit
	Dessert	Coconut Yoghurt	Seeded Flapjack	Sponge Cake	Elderflower Oat Slice	Fruity Ice Lolly

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