

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Pasta Pomodoro (Ce,D,G) Moong Dal & Rice (Mu)	Veg Korma & Rice (D, Mu) Jacket Potatoes & Topping (D)	Sausage, Mash and Gravy (D,S) Kidney Beans & Rice	Matar Paneer & Rice (D) Panini Sandwich (D,G)	Pizza & Chips (G,D) Fried Rice with Tofu (S)
	Light Meal	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread
	Dessert	Fruit Yoghurt (D)	Oat and Coconut Flapjack (G,D)	Lemon & Vanilla Cake (D, G,Su)	Halwa (D,G)	Jelly
WEEK 2	Main Option	Mac & Cheese (D,G) Tarka Dal & Rice (Mu,D,Su)	Soup of the day (G,D,Ce) Dum Aloo & Rice	Bean Curry & Naan (G) Potato and Soy Mince Pie (S,G)	Paneer Tikka Masala Wrap (D,G) Potato Waffle & Baked beans	Pizza & Chips (G,D) Kitchari & Pap (Mu, D)
	Light Meal	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread
	Dessert	Fruit Yoghurt (D)	Coconut Cookies (D,G)	Rice Pudding (D)	Chocolate Cake (G,D)	Ice cream (D)
WEEK 3	Main Option	Spaghetti Bolognese (Ce,G,S) Spinach Dhal & Rice (Mu, Su)	Bean Burrito with Rice (G,D) Jacket Potatoes & Topping (D)	Lasagne (G,D, Ce) Mix Veg Curry & Rice (D)	Pav Bhaji (G, D) Thai Curry & Rice (S)	Pizza & Chips (G,D) Biryani & Yoghurt (D)
	Light Meal	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread
	Dessert	Fruit Yoghurt (D)	Fruit Crumble & Custard (G,D,Su)	Cinnamon Swirls (G)	Carrot Cake (G,D)	Jelly

Allergens:

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

Please Note:

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

Week 1 commencing: 2/9, 23/9, 14/10, 18/11, 9/12, 20/1, 10/2

Week 2 commencing: 9/9, 30/9, 4/11, 25/11, 6/1, 27/1

Week 3 commencing: 16/9, 7/10, 11/11, 2/12, 13/1, 3/2

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Pasta Pomodoro Jacket Potatoes & Topping	Veg Korma & Rice Jacket Potatoes & Topping	Kidney Beans & Rice Jacket Potatoes & Topping	Matar Tofu & Rice (S) Jacket Potatoes & Topping	Pizza & Chips (S)
	Light Meal	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread
	Dessert	Soya yoghurt (S)	Dessert of the day (S)	Dessert of the day (S)	Dessert of the day (S)	Dessert of the day (S)
WEEK 2	Main Option	Tarka Dal & Rice (Mu,Su) Jacket Potatoes & Topping	Dum Aloo & Rice Jacket Potatoes & Topping	Bean Curry with Rice Jacket Potatoes & Topping	Potato Waffle & Baked beans(S) Jacket Potatoes & Topping	Pizza & Chips(S)
	Light Meal	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread
	Dessert	Soya yoghurt (S)	Dessert of the day (S)	Dessert of the day (S)	Dessert of the day (S)	Dessert of the day (S)
WEEK 3	Main Option	Spinach Dhal & Rice (Mu Su) Jacket Potatoes & Topping	Jacket Potatoes & Topping	Mix Veg Curry & Rice Jacket Potatoes & Topping	Thai Curry & Rice (S) Jacket Potatoes & Topping	Pizza & Chips
	Light Meal	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread	Greens of the day Assorted Salads & Fruit Bread
	Dessert	Soya yoghurt (S)	Dessert of the day (S)	Dessert of the day (S)	Dessert of the day (S)	Dessert of the day (S)

Allergens:

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

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Week 1 commencing: 2/9, 23/9, 14/10, 18/11, 9/12, 20/1, 10/2

Week 2 commencing: 9/9, 30/9, 4/11, 25/11, 6/1, 27/1

Week 3 commencing: 16/9, 7/10, 11/11, 2/12, 13/1, 3/2