

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Fajita rst veg Pasta Bake (G,D,Ce) Fish Fingers Rice & Peas (G)	Chick'n Nuggets Sweet Pot Fries (G) Cottage Pie and Sauté Green Veg (D, S, Ce)	Courgette & Tom Pesto Pasta (G, Ce) Chana Masala & Yellow Curry Rice (Mu,Ce, S)	Kebab & Pita Bread and Tzatziki dipping (D,S,Su,G,Ce) Moussaka with feta salad (Ce, S, D)	Classic Cheese Pizza & Chips (G,D,Ce) Burger & chips (G,S)
	Light Meal	Jacket Potato & toppings Fresh salad bar, bread & fruits Cheese & Cucumber Sandwich (G,D)	Jacket Potato & toppings Fresh salad bar, bread & fruits Chick'n Nuggets Wrap (G,D,S)	Jacket Potato & toppings Fresh salad bar, bread & fruits Cheese & Tomato Sandwich (G,D)	Jacket Potato & toppings Fresh salad bar, bread & fruits Crudities & Cheese Bagel (G,D)	Jacket Potato & toppings Fresh salad bar, bread & fruits
	Dessert	Organic Fruit Yoghurt (D)	Strawberry Jelly	Chocolate cake (G,D,S,Su)	Rice pudding & berries compote (D)	Selection of Ice Creams (D)
WEEK 2	Main Option	Gnocchi al Forno (G,D) Hot dog & b. pot with pickle carrots and fennel (G, S, Su, Mu)	Stuffed peppers with pineapple salsa (S,D) Arrabbiata pasta and cheese (G,D)	Chick'n Biryani (S,Mu,Ce,) Mediterranean tarts & rst pot salad (G, Ce, Su)	Asian Asparagette (G, S, Su) Hungarian Goulash and mix herbs baguette (G, Ce, S)	Classic Cheese Pizza & Chips (G,D,Ce) Burger & chips (G,S)
	Light Meal	Jacket Potato & toppings Fresh salad bar, bread & fruits Cheese & Cucumber Sandwich (G,D)	Jacket Potato & toppings Fresh salad bar, bread & fruits Chick'n Nuggets Wrap (G,D,S)	Jacket Potato & toppings Fresh salad bar, bread & fruits Cheese & Tomato Sandwich (G,D)	Jacket Potato & toppings Fresh salad bar, bread & fruits Crudities & Cheese Bagel (G,D)	Jacket Potato & toppings Fresh salad bar, bread & fruits
	Dessert	Organic Fruit Yoghurt (D)	Selection of Mousses (D)	Delicacies Flapjack (G,D)	Rice Crispy (G,S, D)	Selection of Ice Creams (D)
WEEK 3	Main Option	Broccoli Mac & Cheese (Ce, G,D,Mu) Sausage Roll & cajun wedges (G,S, Ce)	Chick'n Parmigiana and pasta (G,Ce,D,S) Thai Red Curry & rice (Ce,Mu, S)	Enchiladas & Salsa (G,D,Mu,Ce,Su) Tofu Stir fry veg (Ce, S, Su)	Veg Chickpeas Casserole & veg couscous (G, S, Ce) Lemon Pasta, Chick'n & Greens (G,S,D,Su)	Classic Cheese Pizza & Chips (G,D,Ce) Burger & chips (G,S)
	Light Meal	Jacket Potato & toppings Fresh salad bar, bread & fruits Cheese & Cucumber Sandwich (G,D)	Jacket Potato & toppings Fresh salad bar, bread & fruits Chick'n Nuggets Wrap (G,D,S)	Jacket Potato & toppings Fresh salad bar, bread & fruits Cheese & Tomato Sandwich (G,D)	Jacket Potato & toppings Fresh salad bar, bread & fruits Crudities & Cheese Bagel (G,D)	Jacket Potato & toppings Fresh salad bar, bread & fruits
	Dessert	Organic Fruit Yoghurt (D)	Orange Jelly	Brownie (G,D,S,Su)	Fruit crumble & custard (G,D, Su)	Selection of Ice Creams (D)

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: 26 Feb, 18 Mar, 22 Apr, 13 May, 10 Jun, 01 Jul.
 Week 2 commencing: 04 Mar, 25 Mar, 29 Apr, 20 May, 17 Jun, 08 Jul.
 Week 3 commencing: 11 Mar, 15 Apr, 06 May, 03 Jun, 24 Jun, 15 Jul.

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Fajita rst veg Pasta Bake (S,Ce)	Cottage Pie and sauté green veg (Ce,S)	Courgette & Tom pesto pasta (Ce)	Moussaka with fresh salad (Ce, S)	Classic Cheese Pizza & Chips (Ce, S)
	Light Meal	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits
	Dessert	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
WEEK 2	Main Option	Pasta al Forno (S, Ce)	Stuffed peppers with pineapple salsa (Ce, S)	Chick'n Biryani (S, Mu, Ce,)	Asian Aspargette (Su, S)	Classic Cheese Pizza & Chips (Ce, S)
	Light Meal	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits
	Dessert	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
WEEK 3	Main Option	Broccoli Mac & Cheese (Mu, Ce, S)	Thai Red Curry & rice (Ce, S, Mu)	Tofu Stir fry veg and Rice (Ce, S, Su)	Veg Chickpeas Casserole and Rice (Ce, S)	Classic Cheese Pizza & Chips (S,Ce)
	Light Meal	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits
	Dessert	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day

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

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