

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Pesto Pasta (G,D,Mu) Caribbean Lentil Stew with Crusty Baguette (C,G)	Mexican quesadillas with spicy rice(G,D) Vegetable and Lentil Lasagne(Ce,G,D,Mu)	Cheese and Tomato Panini and Wedges(G,D) Nasi Goreng vegetable fried Rice(Ce,S)	Sausage Mash and gravy(G,S) Paneer and Spinach Curry with Rice(D)	Pizza and wedges(G,D) Moroccan Stew and CousCous(G)
	Light Meal	Salad Bar with Fruits and Seeds(C,Mu) Jacket Potato with Beans and Cheese(D)	Salad Bar with Fruits and Seeds (C,Mu) Jacket Potato with Beans and Cheese(D)	Salad Bar with Fruits and Seeds(C,Mu) Jacket Potato with Beans and Cheese(D)	Salad Bar with Fruits and Seeds(C,Mu) Jacket Potato with Beans and Cheese(D)	Salad Bar with Fruits and Seeds(C,Mu) Jacket Potato with Beans and Cheese(D)
	Dessert	Yoghurt and strawberry puree(D)	Chocolate Mousse(D)	Lemon Drizzle Cake(G,S)	Coconut Flapjack (G,S)	Ice Cream (D)
WEEK 2	Main Option	Pea and Broccoli Spaghetti Carbonara(G,D,Mu) Tomato Soup and Crusty Baguette(Ce,G)	Mexican Bean Burritos(G,D) Tomato and Basil Gnocchi(Ce,G)	Sausage Roll and Baked Beans(G,Mu,S) Dahl and Rice(Ce)	Shepherds Pie(Ce,S) Cheese and Broccoli Pasty(G,D,Mu)	Pizza and Wedges(G,D) Tofu Stir Fried Noodles(G,S)
	Light Meal	Salad Bar with Fruits and Seeds(C,Mu) Jacket Potato with Beans and Cheese(D)	Salad Bar with Fruits and Seeds(C,Mu) Jacket Potato with Beans and Cheese(D)	Salad Bar with Fruits and Seeds(C,Mu) Jacket Potato with Beans or Cheese(D)	Salad Bar with Fruits and Seeds(C,Mu) Jacket Potato with Beans and Cheese(D)	Salad Bar with Fruits and Seeds(C,Mu) Jacket Potato with Beans and Cheese(D)
	Dessert	Yoghurt and Raspberry Puree(D)	Pineapple Cake (G,S)	Chocolate Brownie (G,S)	Carrot Cake (G,S)	Ice Cream(D)
WEEK 3	Main Option	Macaroni Cheese(G,D,Mu) Spring Vegetable Soup with Crusty Baguette(Ce,G)	Fishless Finger wrap with Tartar Sauce and Lettuce, Sweet Potatoes(G,S) Summer Vegetable Risotto(Ce,D)	Hot Dog, Wedges & Peas(G,Mu,S) Chana Masala and Rice	Nachos and Bean Chilli(G,S) Thai Curry and Rice (Ce)	Pizza and Wedges(G,D) Dal Makhani and Rice(Ce)
	Light Meal	Salad Bar with Fruits and Seeds(C,Mu) Jacket Potato with Beans and Cheese(D)	Salad Bar with Fruits and Seeds(C,Mu) Jacket Potato with Beans and Cheese(D)	Salad Bar with Fruits and Seeds(C,Mu) Jacket Potato with Beans and Cheese(D)	Salad Bar with Fruits and Seeds(C,Mu) Jacket Potato with Beans and Cheese(D)	Salad Bar with Fruits and Seeds(C,Mu) Jacket Potato with Beans and Cheese(D)
	Dessert	Yoghurt and Blueberry Puree(D)	Jelly	Chocolate Orange Cake(G,S)	Banana Loaf(G,S)	Ice Cream(D)

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

Please Note:

Salad bar, fresh breads & fruits are available every day; seasonal fruits and vegetables are used
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, 22 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	VE Pesto Pasta [G,S, Mu] Caribbean Lentil Stew with Crusty Baguette[G,Ce]	VE Mexican Quesadillas with spicy Rice[G,S] VE Vegetable and Lentil Lasagne[G,S,Ce, Mu]	VE Cheese and Tomato Panini and Wedges[G,S] Nasi Goreng Vegetable Fried Rice[Ce,S]	Sausage Mash and Gravy[S,G] Potato and Spinach Curry with Rice	VE Pizza and wedges[G,S] Moroccan Stew and CousCous[G]
	Light Meal	Salad Bar with Fruits and Seeds[Ce,Mu] VE Jacket Potato with Beans and Cheese[S]	Salad Bar with Fruits and Seeds[Ce,Mu] VE Jacket Potato with Beans and Cheese[S]	Salad Bar with Fruits and Seeds[Ce,Mu] VE Jacket Potato with Beans and Cheese[S]	Salad Bar with Fruits and Seeds[Ce,Mu] VE Jacket Potato with Beans and Cheese[S]	Salad Bar with Fruits and Seeds[Ce,Mu] VE Jacket Potato with Beans and Cheese[S]
	Dessert	Fruit Yoghurt[S]	Fruit Jelly	Lemon Drizzle Cake[G,S]	Coconut Flapjack[G,S]	Fruit Ice Lolly
WEEK 2	Main Option	VE Pea and Broccoli Spaghetti Carbonara[G,MU,S] Tomato Soup and Crusty Baguette[G,Ce]	VE Mexican bean burritos[G,S] Tomato and Basil Gnocchi[G,Ce]	Sausage Roll and Baked Beans[G,S,Mu] Dahl and Rice [Ce]	Shepherds Pie[S,Ce] VE Cheese and Broccoli Pasty[G,S,MU]	VE Pizza and Wedges[G,S] Tofu Stir Fried Noodles[G,S]
	Light Meal	Salad Bar with Fruits and Seeds[Ce,Mu] VE Jacket Potato with Beans and Cheese[S]	Salad Bar with Fruits and Seeds[Ce,Mu] VE Jacket Potato with Beans and Cheese[S]	Salad Bar with Fruits and Seeds[Ce,Mu] VE Jacket Potato with Beans or Cheese[S]	Salad Bar with Fruits and Seeds[Ce,Mu] VE Jacket Potato with Beans and Cheese[S]	Salad Bar with Fruits and Seeds[Ce,Mu] VE Jacket Potato with Beans and Cheese[S]
	Dessert	Fruit Yoghurt[S]	Pineapple Cake[G,S]	Chocolate Brownie[G,S]	Carrot Cake[G,S]	Fruit Ice Lolly
WEEK 3	Main Option	VE Macaroni cheese[G,MU,S] Spring Vegetable Soup with Crusty Baguette[G,Ce]	Fishless Fingers Chips and Peas [G,S] VE Summer Vegetable Risotto[G,S]	Hot Dog, Wedges & Peas[G,Mu,S] Chana Masala and Rice	Nachos and Bean Chilli[G,S] Thai Curry and Rice [Ce]	VE Pizza and Wedges[G,S] Dahl Makhani and Rice[Ce]
	Light Meal	Salad Bar with Fruits and Seeds[Ce,Mu] VE Jacket Potato with Beans and Cheese[S]	Salad Bar with Fruits and Seeds[Ce,Mu] VE Jacket Potato with Beans and Cheese[S]	Salad Bar with Fruits and Seeds[Ce,Mu] VE Jacket Potato with Beans and Cheese[S]	Salad Bar with Fruits and Seeds[Ce,Mu] VE Jacket Potato with Beans and Cheese[S]	Salad Bar with Fruits and Seeds[Ce,Mu] VE Jacket Potato with Beans and Cheese[S]
	Dessert	Fruit Yoghurt[S]	Jelly	Chocolate Orange Cake [G,S]	Banana Loaf[G,S]	Fruit Ice Lolly

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