

| | Option | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|--------|--|---|---|---|--|
| WEEK 1 | 1 | Vegetable and chickpea tagine served with cous cous Ce | Roasted vegetable and tomato pasta Ce, G (G/O) | Veggie sausage roll served with roasted new potatoes G, So (V/O) | Vegetable & Lentil Lasagne G, Mk, Ce | Mixed Veg Pizza & Chips G, Ce, Mk (G/O,V/O) |
| | 2 | Soup & homemade bread roll Ce, G (G/O) | Vegetable & Bean Crumble Ce, G, Mk, Mu | Veggie chili served with rice Ce | Thai Coconut Curry with Rice | Dahl and Rice Ce |
| | 3 | Jacket potatoes with filling of the day | Jacket potatoes with filling of the day | Jacket potatoes with filling of the day | Jacket potatoes with filling of the day | Jacket potatoes with filling of the day |
| | | Assorted Salads *** Fruit Yoghurt Mk | Assorted Salads *** Date flapjack G | Assorted Salads *** Sponge cake G, Mk | Assorted Salads *** Fruit Salad | Assorted Salads *** Ice Cream of the day Mk,So |
| WEEK 2 | 1 | Butternut squash and chickpea curry and rice Ce | Vegetable Noodles Stir Fry G | Mac'N'Cheese G, Mk, Mu | Veggie sausage and mash served with peas and veg G, Mk, Mu, So, Su | Pizza and wedges with salad G, Ce, Mk (G/O,V/O) |
| | 2 | Soup with homemade bread roll Ce, G (G/O) | Homemade crushed potato, vegetable & cheese pie G, Mk | Stuffed peppers Ce | Burritos served with rice and salsa G, Mk, Mu | Coconut and spinach dahl served with naan bread G, Ce, Mk |
| | 3 | Jacket potatoes with chickpea Curry or salad | Jacket potatoes with baked beans or salad | Jacket potatoes with salad & hummus | Jacket potatoes with kidney bean filling | Jacket potatoes with salad & hummus |
| | | Assorted Salads *** Fruit yoghurt Mk | Assorted Salads *** Fruit pudding with custard G, Mk | Assorted Salads *** Homemade cake G,Mk | Assorted Salads *** Fruity Fool Mk | Assorted Salads *** Smoothie Mk |
| WEEK 3 | 1 | Veggie sausage casserole served with roast potatoes G, So, Mu | Mexican Quesadillas with rice & Salsa G,Mk, Ce (V/O) | Pasta Bake Mu G Mk (G/O) | Vegetable cottage pie served with seasonal veg G, Mk, Mu | Pizza & Chips G, Ce, Mk (G/O,V/O) |
| | 2 | Soup with homemade bread roll Ce G (G/O) | Aubergine and potato curry with naan G,Mu (G/O) | Beetroot Falafels served with pitta bread Mk, Mu (G/O) | Pesto pasta with roasted tomatoes G, Su (G/O) | Vegetable Stew with peas Ce, Mu |
| | 3 | Jacket potatoes with vegetable stew or salad | Jacket potatoes with bean chilli or salad | Jacket potatoes with baked beans or salad | Jacket potatoes with salad & hummus | Jacket potatoes with vegetable stew or salad |
| | | Assorted Salads *** Fruit crumble and custard G,Mk | Assorted Salads *** Fruit yoghurts Mk | Assorted Salads *** Fruityflapjack G Mk | Assorted Salads *** Jelly and fruits G, Mk | Assorted Salads *** Ice cream of the day Mk,So |

Allergens

G - Gluten | Ce - Celery | Mk - Milk / butter | Mu - Mustard | So – Soya
G/O Gluten Free Option V/O Vegan Option

All meals are accompanied with Salad bar; fresh breads & fresh fruits are available every day!

Week 1 Commencing:

To be updated