



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|--|--|--|--|--|
| SOUP | Spiced cauliflower soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Lentil soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Potato & Leek soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Cream of chicken soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Broth served with crispy croutons and sunflower / pumpkin / mixed seeds |
| PREMIUM UNIT PRODUCED BREAD | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls |
| MAIN MEAL OPTION | Roast chicken with gravy <i>Breast of chicken in a rich gravy sauce</i> | Marzetti <i>Minced beef in a creamy tomato sauce with pasta</i> | Chicken fajita <i>Strips of chicken in onion, peppers and fajita seasoning</i> | Chilli con carne <i>Minced beef in a spicy tomato sauce</i> | Breaded chicken, fillet of sustainable breaded haddock with lemon & tartare sauce or oven baked cod fish fingers. |
| VEGETARIAN OPTION | Chickpea bolognese (v) <i>Chickpeas in a garlic bolognese sauce</i> | Vegetable marzetti (v) <i>Seasonal vegetables in a creamy tomato sauce</i> | Vegetarian wrap (v) | Vegetable chilli (v) <i>Chunky vegetables in a basil & garlic spicy sauce</i> | Chilli poppers (v) <i>Cream cheese & red pepper in breadcrumbs</i> |
| FRESHLY BAKED SNACKS | Various panini. Choice of 3 options Mixed toasties Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple |
| SIDE ORDERS | Peas Sweetcorn Boiled Potatoes | Garlic bread Green beans Sliced carrot | Boiled rice Mixed vegetables Broccoli | Boiled rice Baby corn Peas | Baked beans Mushy peas Chips Curry Sauce |
| SALAD BAR | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | |
| DESSERTS | Raspberry delight Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Chocolate sponge & custard Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Ice cream tub Crumble & warm custard Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Yoghurt Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Happy Friday! Special treat Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis |



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| SOUP | Sweet potato soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Barley broth served with crispy croutons and sunflower / pumpkin / mixed seeds | Smoked pea & ham soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Cream of mushroom soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Vegetable soup served with crispy croutons and sunflower / pumpkin / mixed seeds |
| PREMIUM UNIT PRODUCED BREAD | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls |
| MAIN MEAL OPTION | Bangers & mash <i>Pork sausages in a rich jus & mash</i> | Chicken korma <i>Diced chicken in a creamy korma sauce</i> | Pizza bar <i>Various pizza's - cajun chicken, ham & pineapple, pepperoni</i> | Beef lasagne <i>Minced beef in a garlic, chopped tomato and herb sauce with pasta sheets</i> | Wrap bar: Breaded chicken BBQ chicken <i>Various chicken in a floured tortilla wrap</i> |
| VEGETARIAN OPTION | Vegetarian bangers & mash (v) <i>Vegetable sausages in a rich jus & mash</i> | Vegetarian korma (v) <i>Diced vegetables in a creamy korma sauce</i> | Vegetarian pizza (v) | Vegetable lasagne (v) <i>Seasonal vegetables in a garlic & herb cream</i> | Vegetable wrap (v) |
| FRESHLY BAKED SNACKS | Various panini. Choice of 3 options Mixed toasties Chef's daily value snack Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple |
| SIDE ORDERS | Mashed potato Peas Baked beans | Basmati rice Poppadoms Babycorn | Seasonal tossed salad Spicy wedges | Crusty bread Sliced carrots Broccoli | Tossed salad |
| SALAD BAR | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | |
| DESSERTS | Apple crumble & custard Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Jelly & cream Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Chocolate fudge cake Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Yoghurt Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Happy Friday! Special treat Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis |



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| SOUP | Cream of chicken soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Curried parsnip soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Potato soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Red pepper soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Carrot & coriander soup served with crispy croutons and sunflower / pumpkin / mixed seeds |
| PREMIUM UNIT PRODUCED BREAD | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls |
| MAIN MEAL OPTION | Meatballs <i>Pork meatballs in a gravy sauce</i> | Cajun chicken pasta <i>Diced chicken in a cajun sauce & pasta</i> | Junior School Baked potato bar Nachos <i>Minced beef, chilli or tomato sauce served with nacho chips</i> | Thai green chicken <i>Chicken in a mild Thai sauce</i> | Breaded chicken, fillet of sustainable breaded haddock with lemon & tartare sauce or oven baked cod fish fingers. |
| VEGETARIAN OPTION | Vegetable casserole (v) <i>Chunky root vegetables in a seasonal gravy topped with sliced potato</i> | Cajun vegetable pasta (v) <i>Mixed diced vegetables in a cajun sauce</i> | Salsa nachos (v) | Thai green mushroom curry (v) Mushrooms in a mild Thai green curry cream | Quorn nuggets (v) Deep fried crumbed quorn |
| FRESHLY BAKED SNACKS | Various panini. Choice of 3 options Mixed toasties Chef's daily value snack Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Chef's daily value snack Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Chef's daily value snack Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Chef's daily value snack Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple |
| SIDE ORDERS | Mashed potato Carrots Sugar snap peas | Crusty bread Peas Turnip | Seasonal tossed salad Tortilla Salsa Jalapenos Sour cream | Boiled rice Sweetcorn Pak choi | Baked beans Mushy peas Chips Curry Sauce |
| SALAD BAR | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | |
| DESSERTS | Syrup sponge & custard Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit couli | Fruit tubs Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Mixed spice sponge & custard Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Yoghurt Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Happy Friday! Special treat Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis |



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| SOUP | Minestrone soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Cream of courgette soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Chicken and rice soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Lentil soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Cream of vegetable soup served with crispy croutons and sunflower / pumpkin / mixed seeds |
| PREMIUM UNIT PRODUCED BREAD | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls |
| MAIN MEAL OPTION | Spaghetti bolognese <i>Minced beef in a rich tomato sauce served with pasta</i> | Sweet 'n' sour chicken <i>Diced breast of chicken in a sweet & sour sauce</i> | Beef casserole <i>Diced beef in a rich vegetable gravy</i> | Macaroni Cheese <i>Mature cheese sauce and pasta</i> | Wrap bar Breaded chicken BBQ chicken <i>Various chicken in a floured tortilla wrap</i> |
| VEGETARIAN OPTION | Vegetable mince pie (v) <i>Quorn mince in a vegetable gravy</i> | Vegetable sweet 'n' sour (v) <i>Seasonal vegetables in a sweet & sour sauce</i> | Vegetable casserole (v) <i>Diced vegetables in a rich gravy</i> | Macaroni cheese (v) Classic macaroni pasta in a delicious mornay sauce topped with cheese | Vegetable wraps (v) |
| FRESHLY BAKED SNACKS | Various panini. Choice of 3 options Mixed toasties Chef's daily value snack Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Chef's daily value snack Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Chef's daily value snack Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Chef's daily value snack Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple |
| SIDE ORDERS | Spaghetti Peas Carrots | Boiled rice Prawn crackers Sweetcorn | Boiled potatoes Courgettes Baby carrots | Crusty roll Green beans Sliced carrots | Tossed salad |
| SALAD BAR | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | |
| DESSERTS | Iced sponge & custard Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Chocolate delight Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Jam roly poly & custard Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Fresh fruit tub Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Happy Friday! Special treat Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis |



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| SOUP | Chicken & rice soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Smoked ham & pea Soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Broccoli & stilton soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Cream of mushroom soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Potato soup served with crispy croutons and sunflower / pumpkin / mixed seeds |
| PREMIUM UNIT PRODUCED BREAD | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls |
| MAIN MEAL OPTION | Steak & sausage pie <i>Braised beef & pork sausage in a gravy & flaky pastry</i> | Chicken Pasta <i>Diced chicken breast in a creamy tomato sauce</i> | Burger bar <i>Beef & chicken burgers in a bun</i> | Chinese curry <i>Diced breast of chicken in a mild curry sauce</i> | Breaded chicken, fillet of sustainable breaded haddock with lemon & tartare sauce or oven baked cod fish fingers. |
| VEGETARIAN OPTION | Forest mushroom and wild rocket tart (v) <i>Mixed mushrooms, egg and rocket in pastry</i> | Vegetable carbonara (v) Diced vegetables in a creamy garlic & herb sauce | Vegetarian burgers (v) <i>Breaded vegetables in a bun</i> | Vegetable curry (v) Seasonal vegetables in a curry sauce | Macaroni & double cheese bake (v) Classic macaroni pasta bound in a delicious mornay sauce with double cheese. Trade up - garlic bread |
| FRESHLY BAKED SNACKS | Various panini. Choice of 3 options Mixed toasties Chef's daily value snack Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Chef's daily value snack Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Chef's daily value snack Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Chef's daily value snack Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple |
| SIDE ORDERS | Boiled potatoes Peas Corn | Crusty roll Carrots | Seasonal tossed salad Wedges | Rice Prawn crackers Peas | Baked beans Mushy peas Chips Curry Suace |
| SALAD BAR | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | |
| DESSERTS | Raspberry delight Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Mixed melon pot Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Chocolate sponge & custard Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Jelly Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Happy Friday! Special treat Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis |



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| SOUP | Chicken noodle soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Tomato soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Barley broth soup served with crispy croutons and sunflower / pumpkin / mixed seeds | Carrot & corriander served with crispy croutons and sunflower / pumpkin / mixed seeds | Yellow split pea soup served with crispy croutons and sunflower / pumpkin / mixed seeds |
| PREMIUM UNIT PRODUCED BREAD | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls | Freshly baked bread / wholemeal & white rolls |
| MAIN MEAL OPTION | Spaghetti bolognaise <i>Minced beef in a tomato, garlic & herb sauce</i> | Chicken tikka <i>Diced chicken breast in a creamy tikka sauce</i> | BBQ chicken <i>Chicken breasts in a smoky BBQ sauce</i> | Roast beef & Yorkshire pudding <i>Sliced beef in a rich jus & Yorkshire pudding</i> | Breaded chicken, fillet of sustainable breaded haddock with lemon & tartare sauce or oven baked cod fish fingers. |
| VEGETARIAN OPTION | Vegetable bolognaise (v) <i>Chunky vegetables in a garlic, herb & tomato sauce</i> | Vegetable tikka (v) <i>Seasonal vegetables in a creamy tikka sauce</i> | Vegetarian wrap bar (v) | Chunky vegetable curry (v) <i>Seasonal vegetables in a curry sauce</i> | Mozzarella sticks (v) <i>Mozzarella with golden breadcrumbs</i> |
| FRESHLY BAKED SNACKS | Various panini. Choice of 3 options Mixed toasties Chef's daily value snack Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Chef's daily value snack Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Chef's daily value snack Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple | Various panini. Choice of 3 options Mixed toasties Chef's daily value snack Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple |
| SIDE ORDERS | Garlic bread Peas Diced turnip | Boiled rice Sugar snap peas Naan bread | Coleslaw Potato wedges | Duchess potatoes Turnip Green beans | Baked beans Mushy peas Chips Curry Sauce |
| SALAD BAR | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | A selection of 8 nude, protein, composite, green and simple salad options | |
| DESSERTS | Ice cream tub Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Chocolate delight Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Cheesecake Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Fresh fruit salad Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis | Happy Friday! Special treat Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis |