

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



MAIN MEALS

Option One

Caribbean Butterbean Stew (VE) with Rice and Peas (VE)



Creamy Chickpea and Coconut Curry (VE) with 50/50 Wholemeal Rice (VE) and Homemade Flatbread (VE)



Soya Mince Cottage Pie (VE) with Gravy (VE)



Creamy Cheese and Butterbean Macaroni (V) with Garlic and Herb Bread (VE)



Homemade Beetroot and Lentil Burger (VE) with Chips (VE)

Option Two

BBQ Quorn (VE) with New Potatoes (VE)



Chef James' Chicken Jollof Rice



Roast Chicken with Stuffing, Roasted Potatoes and Gravy



Beef Lasagne with Garlic and Herb Bread



Wholemeal Tuna Pasta Bake with Tomato and Herb Bread



Option Three

Jacket Potato with Salmon Mayonnaise

Jacket Potato (VE) with Cheese (V) or Vegan Sheese (VE)

Jacket Potato (VE) with Five Bean Chilli (VE)



Tomato and Butterbean Pasta (VE) with Wholemeal Penne (VE)



Chef Shilpa's Aubergine and Potato Curry (VE) with 50/50 Wholemeal Rice (VE)



VEGETABLES AND SALAD

Vegetables

Broccoli (VE) Sweetcorn (VE)

Butternut Squash (VE) Green Beans (VE)

Peas (VE) Cabbage (VE)

Cauliflower (VE) Roasted Peppers (VE)

Carrots (VE) Peas (VE)

Salad Bar

Roasted Chickpea Salad (VE) Carrot Sticks (VE) Mixed Lettuce (VE) Diced Peppers (VE) Coleslaw (V)

Beetroot and Orange Salad (VE) Tomato Pasta (VE) Olives (VE) Lettuce (VE) Tomatoes (VE)

Roasted Sweet Potato (VE) Lettuce (VE) Pepper Sticks (VE) Cucumber (VE) Carrot Sticks (VE)

Rainbow Slaw (VE) Green Beans (VE) Cucumber (VE) Tabbouleh Salad (VE) Beetroot (VE)

Lettuce (VE) Tomatoes (VE) BBQ Noodle Salad (V) Grated Carrot (VE) Sweetcorn (VE)

DESSERT

Dessert

Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit – Grapes, Banana and Orange (VE)



Seeded Apple Flapjack (VE)



Wholemeal Peach and Carrot Cake (V) with Custard (VE)



Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit – Apple, Watermelon and Pineapple (VE)



Strawberry Jelly with Peaches and Mandarins (VE)

MENU KEY



Added Plant Protein (50% of the protein is from a plant-based source)



Contains Flaxseed or Chia Seed (High in Omega-3)



Wholemeal Planet Friendly, Low Carbon Option



Local Red Tractor Meat



Local, Seasonal Fruit & Veg (V) Vegetarian (VE) Vegan

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.

Available Daily: - Freshly cooked jacket potatoes with a choice of fillings (V/VE) - A choice of flavoured breads freshly baked on site daily (VE) - Daily salad selection (V/VE) – Fresh Fruit (VE) – Natural Yoghurt (V/VE) - Drinking Milk (V/VE)

MONDAY

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MAIN MEALS

Option One

Chef Mariam's Vegetable Bean Couscous (VE) with Sweetcorn Bread (VE)



Chickpea and Vegetable Biryani (VE) with Turmeric Bread (VE)



Quorn and Bean Fajitas (VE) with Mexican Rice (VE)



Beetroot, Butternut Squash and Lentil Wellington (VE) with Mashed Potatoes and Gravy (VE)



Option Two

Soya Mince Mexican Chilli (VE) with 50/50 Wholemeal Rice (VE), and Sweetcorn Bread (VE)



Hearty Beef and Lentil Bolognaise with Wholemeal Penne



Roast Turkey, Stuffing, Mashed Potatoes and Gravy



Caribbean Spiced Chicken with Rice and Peas

Breaded Fish with Chips and Tomato Sauce

Option Three

Jacket Potato with Cheese (V)



Jacket Potato with Baked Beans (VE)

Jacket Potato with Tuna and Sweetcorn Mayonnaise



Lentil and Roasted Vegetable Wholemeal Pasta (VE)



Tomato and Butterbean Pasta (VE)

VEGETABLES AND SALAD

Vegetables

Sweetcorn (VE)
Cauliflower (VE)



Carrots (VE)
Courgettes (VE)



Cauliflower (VE)
Green Beans (VE)



Broccoli (VE)
Red Cabbage (VE)



Peas (VE)
Baked Beans (VE)

Salad Bar

Grated Carrot (VE)
Cucumber Sticks (VE)
Sweet Potato Power Salad (VE)
Tomato Salsa (VE)
Beetroot (VE)



Lettuce (VE)
Tomato Pasta (VE)
Olives (VE)
Carrot Sticks (VE)
Cucumber Slices (VE)



Roasted Vegetable and Lentil Salad (VE)
Carrot Sticks (VE)
Mixed Lettuce (VE)
Green Beans (VE)
Diced Pepper (VE)



Coleslaw (V)
Mixed Bean Salad (VE)
Cucumber (VE)
Pepper Sticks (VE)
Sweetcorn (VE)



Beetroot (VE)
Rainbow Slaw (VE)
Iceberg Lettuce (VE)
Tomatoes (VE)
Couscous Salad (VE)



DESSERT

Dessert

Peach and Strawberry Crumble (VE)



Yoghurt (V) or Vegan Custard (VE) and Fresh Fruit - Banana, Watermelon and Apple (VE)



Mandarin Sponge Cake (VE)



Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit - Pineapple, Orange and Apple (VE)



Lemon Shortbread (VE)

MENU KEY



Added Plant Protein (50% of the protein is from a plant-based source)



Contains Flaxseed or Chia Seed (High in Omega-3)



Wholemeal
Planet Friendly, Low Carbon Option



Local Red Tractor Meat



Local, Seasonal Fruit & Veg
(V) Vegetarian
(VE) Vegan

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MAIN MEALS

Option One

Lentil and Sweet Potato Curry (VE) with 50/50 Wholemeal Rice (VE) and Turmeric Bread (VE)



Turkish Vegan Soya Kofta (VE) with Lemon and Herb Couscous, Homemade Flatbread and Houmous (VE)



Rainbow Pizza Slices (V) with Pasta Salad (VE)



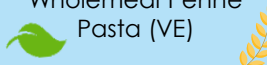
Chinese Vegetable Noodles (V)

Lentil and Basil Whirl (VE) with Chips (VE)



Option Two

Tomato, Lentil and Roasted Vegetable Wholemeal Penne Pasta (VE)



Beef Burger with Sweet Potato Salad



Chicken Tikka Masala with 50/50 Wholemeal Rice



Peri-Peri Chicken with Chips, Sweetcorn Salsa and Roasted Veg and Olive Bread



Salmon Fishfingers / Pollock Fishfingers with New Potatoes

Option Three

Creamy Butternut Squash and Cheese Pasta (V)

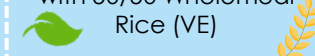


Jacket Potato with Baked Beans (VE)

Jacket Potato with Five Bean Chilli (VE)



Chickpea Aloo Chat with 50/50 Wholemeal Rice (VE)



Jacket Potato with Tuna and Sweetcorn Mayonnaise

VEGETABLES AND SALAD

Vegetables

Baked Beans (VE) Broccoli (VE)



Carrots (VE) Peppers (VE)



Peas (VE) Cauliflower (VE)



Sweetcorn (VE) Carrots (VE)



Coleslaw (VE) Green Beans (VE)



Salad Bar

Tomatoes (VE) Beetroot (VE) Grated Carrot (VE) Butternut Squash (VE) Mixed Lettuce (VE)



Rainbow Slaw (VE) Olives (VE) Cucumber Sticks (VE) Green Bean Salad (VE) Vegetable Pasta Salad (VE)



Sweet Potato Salad (VE) Carrot Sticks (VE) Diced Pepper (VE) Sweetcorn Salsa (VE) Tomatoes (VE)



Apple and Raisin Salad (V) Cucumber Slices (VE) Grated Carrot (VE) Mixed Lettuce (VE) Pepper Sticks (VE)



Mixed Bean Salad (VE) Beetroot (VE) Iceberg Lettuce (VE) Tomatoes (VE) Couscous Salad (VE)



DESSERT

Dessert

Savoury Cheese and Courgette Scone (V) or Vegan Sheese and Courgette Scone (VE)



Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit – Honeydew Melon, Orange and Apple (VE)

Apple and Pear Crumble (VE) with Custard (V)



Pineapple Upside Down Cake (V)



Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit – Banana, Pineapple and Grapes (VE)

MENU KEY



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Wholemeal Planet Friendly, Low Carbon Option



Local, Seasonal Fruit & Veg (V) Vegetarian (VE) Vegan



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