|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Week 1** | **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Friday** |  |
| **Meal Option 1** | Creamy Mac and Cheese with Crunchy Breadcrumb Topping  ***(Dairy, Gluten)*** | Chilli Con Carne  Doritos  ***(Dairy, Gluten)*** | Mild Jerk Chicken  Jollof Rice |  | Turkey and Vegetable Wholegrain Pasta Bake in Tomato Sauce  ***(Gluten)*** | Fish Fingers  Oven Baked Chips  ***(Fish, Eggs, Gluten)*** |
| **Meal Option 2**  **Vegetarian** | Baked Potato with Baked Beans  ***(Dairy)*** | Vegetable and Black Bean Wrap  ***(Dairy, Gluten)*** | Spring Roll  ***(Gluten)*** | Vegetable and Red Lentils Hotpot  ***(Dairy, Gluten)*** | Vegetable and Bean Nuggets with Oven Baked Chips  ***(Gluten, Eggs )*** |
| **Vegetables**  ***Dairy allergen must be declared if butter is added to vegetables*** | Sweetcorn | Broccoli | Peas | Carrots | Baked Beans |
| **Salad Bar** | Coleslaw  ***(Dairy, Eggs, Mustard)***  Tomato and Basil Leaves  Mixed Salad | Tomato and Cucumber  Tossed Mixed Salad  Sliced Beetroot | Coleslaw  ***(Dairy, Eggs, Mustard)***  Mixed Salad  Cherry Tomatoes | Caesar Salad  ***(Diary, Eggs, Mustard)***  Grated Carrots  Sliced Cucumber  Sweetcorn and Red Peppers | Leaf Salad  Coleslaw  ***(Dairy, Eggs, Mustard)***  Tomato |
| **Main Dessert** | Wholegrain Pineapple Sponge with Custard  ***(Dairy, Eggs, Gluten)*** | Coconut Sponge with Custard  ***(Dairy, Eggs, Gluten)*** | Fruit Cocktail with Ice-Cream  ***(Dairy, Eggs)*** | Flapjack  ***(Dairy, Gluten)*** | Sliced Peaches |
| **2nd Dessert** | Apples | Fruit Yoghurt  ***(Dairy)*** | Bananas | Grapes | Fruit Yoghurt  ***(Dairy)*** |
| **Other** | **Fresh organic bread, fresh fruit and water are available daily.** | | | | | | | | | |
| **Week 1 Commencing: 04/03, 25/03, 22/04, 13/05** | | | | | | | | | | |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Week 2** | **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Friday** |  |
| **Meal Option 1** | Chicken Sausage with Potato Wedges  ***(Gluten, Eggs)*** | Lamb Meatballs with Pasta  ***(Gluten, Eggs)*** | Chinese Chicken and Vegetables  Brown Basmati Fried Rice | Spaghetti Bolognese  ***(Dairy, Gluten)*** | Jumbo Fish Fingers with Oven Baked Chips.  ***(Diary, Fish, Gluten)*** |
| **Meal Option 2**  **Vegetarian** | Homemade Cheese and Potato Whirls  ***(Dairy, Gluten)*** | Lentil Vegetable Bake  ***(Dairy)*** | Cheese and Onion Quiche  ***(Diary, Eggs, Gluten)*** | Mushroom Risotto and Sliced Egg  ***(Eggs, Dairy)*** | Vegetable Nuggets with Chips  ***(Dairy, Gluten)*** |
| **Vegetables**  ***Dairy allergen must be declared if butter is added to vegetables*** | Baked Beans | Green Beans | Broccoli |  | Carrots | Peas and Sweetcorn |
| **Salad Bar** | Mixed Salad  Sliced Beetroot  Cucumber | Tomato  Greek Salad  ***(Dairy)***  Green Salad | Carrot and Cucumber  Tomato and Basil  Coleslaw  ***(Dairy, Eggs, Mustard)*** |  | Sliced Cucumber  Lettuce and Avocado Salad  Sliced Tomatoes | Carrots and Raisins  Coleslaw  ***(Dairy, Eggs, Mustard)***  Mixed Salad |
| **Main Dessert** | Carrot Cake with Vanilla Sauce  ***(Dairy, Eggs, Gluten)*** | Fruit and Jelly | Lemon and Lime Cake with Custard  ***(Dairy, Eggs, Gluten)*** | Fresh Fruit Salad | Ice Cream with Sliced Peaches  ***(Dairy, Eggs)*** |
| **2nd Dessert** | Grapes | Fruit Yoghurt  ***(Dairy)*** | Bananas | Fruit Yoghurt  ***(Dairy)*** | Apples |
| **Other** | **Fresh organic bread, fresh fruit and water are available daily.** | | | | | | | | | |
| **Week Commencing: 11/03, 01/04, 29/04, 20/05** | | | | | | | | | | |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Week 3** | **Meat Free Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Friday** |  |
| **Meal Option 1** | Sweetcorn and Pepper Pizza  ***(Dairy, Gluten)*** |  | Aromatic Chicken Curry with Indian Stir Fry Vegetable and Saffron Rice |  | Beef Burger in a Floured Bun with Burger Sauce  ***(Dairy, Eggs, Gluten)*** |  | BBQ Chicken Served with Roast Potatoes and Gravy  ***(Gluten)*** |  | Salmon Bites with Sweet Potato and White Potato Chips  ***(Fish, Eggs, Gluten)*** |  |
| **Meal Option 2**  **Vegetarian** | Vegetable and Black Bean Chow Mein  ***(Gluten, Eggs)*** |  | Egg Spinach and Lentil Curry with Indian Vegetable and Saffron Rice  ***(Eggs)*** |  | Vegetable Bean Burger in a Floured Bun  ***(Dairy, Eggs, Gluten)*** |  | Vegetable Cheese Wrap  ***(Dairy, Gluten)*** |  | Bean and Veg Chilli with Sweet Potato and White Potato Chips |  |
| **Vegetables**  ***Dairy allergen must be declared if butter is added to vegetables*** | Broccoli |  | Sliced Green Beans |  | Baked Beans |  | Carrots |  | Garden Peas |  |
| **Salad Bar** | Mixed Leaf Salad  Tomato and Basil  Coleslaw  ***(Dairy, Eggs, Mustard)*** |  | Waldorf Salad  ***(Gluten Eggs, Dairy, Celery)***  Sweetcorn and Red Peppers  Tomatoes |  | Wholegrain Pasta Salad  ***(Dairy, Eggs, Gluten, Mustard)***  Tossed Mixed Salad  Tomatoes |  | Sliced Cucumber  Cherry Tomatoes  Coleslaw  ***(Dairy, Eggs, Mustard)*** |  | Mixed Salad  Grated Carrots  Sliced Cucumbers |  |
| **Main Dessert** | Seasonal Fruit Platter |  | Chocolate Sponge with Chocolate Sauce  ***(Dairy, Eggs, Gluten)*** |  | Wholegrain Apple Sponge with Custard  ***(Dairy, Eggs, Gluten)*** |  | Jelly and Fruit |  | Frozen Yoghurt  ***(Dairy)*** |  |
| **2nd Dessert** | Fruit Yoghurt  ***(Dairy)*** |  | Melon |  | Fruit Yoghurt  ***(Dairy)*** |  | Banana |  | Cheese and Crackers  ***(Dairy, Gluten)***  Grapes |  |
| **Other** | **Fresh organic bread, fresh fruit and water are available daily.** | | | | | | | | | |
| **Week 3 Commencing: 25/02, 18/03, 06/05** | | | | | | | | | | |