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| **Week 1** | **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Friday** |  |
| **Meal Option 1** | Creamy Mac and Cheese with Crunchy Breadcrumb Topping***(Dairy, Gluten)*** | Chilli Con CarneDoritos***(Dairy, Gluten)*** | Mild Jerk ChickenJollof Rice |  | Turkey and Vegetable Wholegrain Pasta Bake in Tomato Sauce***(Gluten)*** | Fish FingersOven 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 LeavesMixed Salad | Tomato and CucumberTossed Mixed SaladSliced Beetroot | Coleslaw***(Dairy, Eggs, Mustard)***Mixed SaladCherry Tomatoes | Caesar Salad***(Diary, Eggs, Mustard)***Grated CarrotsSliced CucumberSweetcorn and Red Peppers |  Leaf SaladColeslaw***(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** |

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| **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 VegetablesBrown 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 SaladSliced BeetrootCucumber | TomatoGreek Salad***(Dairy)***Green Salad | Carrot and CucumberTomato and BasilColeslaw***(Dairy, Eggs, Mustard)*** |  | Sliced CucumberLettuce and Avocado SaladSliced Tomatoes | Carrots and RaisinsColeslaw***(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** |

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| **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 SaladTomato and BasilColeslaw***(Dairy, Eggs, Mustard)*** |  | Waldorf Salad***(Gluten Eggs, Dairy, Celery)***Sweetcorn and Red PeppersTomatoes |  | Wholegrain Pasta Salad***(Dairy, Eggs, Gluten, Mustard)***Tossed Mixed SaladTomatoes  |  | Sliced CucumberCherry TomatoesColeslaw***(Dairy, Eggs, Mustard)*** |  | Mixed SaladGrated CarrotsSliced 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** |