

# Menu – Week 1

Week commencing: 03/09/19, 24/9/19, 15/10/19, 12/11/19 and 03/12/19

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Option</b>	Turkey burger in a bun with seasoned skin-on wedges and vegetables or salad bar	Cajun chicken with rice or a wrap and vegetables or salad bar	Local butcher's chipolata toad-in-the-hole served with pommes noisettes and vegetables or salad bar	Taco beef and pasta bake with garlic doughballs and vegetables or salad bar	Cod fillet or fish star with chunky fries and peas
<b>Vegetarian Option</b>	Veggie burger in a bun with seasoned skin-on wedges and vegetables or salad bar	Roasted mediterranean vegetables in served with rice and a wrap and salad bar	Quorn chipolata toad-in-the-hole served with pommes noisettes and vegetables or salad bar	Vegetable ravioli served with garlic doughballs and vegetables or salad bar	Quorn dippers with chunky fries and peas
<b>Jacket Potato Option</b>	Jacket potato with tuna/cheese/ coleslaw/baked beans	Jacket potato with tuna/cheese/ coleslaw/baked beans	Jacket potato with tuna/cheese/ coleslaw/baked beans	Jacket potato with tuna/cheese/ coleslaw/baked beans	
<b>Dessert Options</b>	Fruit salad, yoghurt or fruit	Fruity flapjack, yoghurt or fruit	Chocolate brownie muffin, yoghurt or fruit	Raspberry ripple ice cream, yoghurt or fruit	Fruity jelly pots, yoghurt or fruit
<b>Grab and Go Option</b>	Wholemeal pitta with cheese, vegetable sticks, fruit, bake/biscuit and drink	Tuna mayo and sweetcorn baguette, vegetable sticks, fruit, bake/biscuit and drink	Ham baguette, vegetable sticks, fruit, bake/biscuit and drink	Egg mayo sandwich, vegetable sticks, fruit, bake/biscuit and drink	Cheese wrap, vegetable sticks, fruit, bake/biscuit and drink

## Week 2 Menu

Week commencing: 10/09/19, 01/10/19, 29/10/19, 19/11/19 and 10/12/19

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Option</b>	Ham & pineapple, pepperoni or margherita pizza with pasta salad and vegetables or salad bar	Homemade beef lasagne with garlic bread and fresh vegetables or salad bar	Roast of the day with roast potatoes and Yorkshire pudding and fresh vegetables or salad bar	Tagliatelle with tomato sauce and homemade roll (optional) and choice of crispy bacon topping	Local butchers' sausage with curly fries and baked beans
<b>Vegetarian Option</b>	Pizza with vegetarian topping with vegetables or salad bar	Summer vegetable lasagne with garlic bread	Cheese and vegetable country bakes	Tagliatelle with tomato sauce and homemade roll (optional)	Vegetable spring rolls and curly fries
<b>Jacket Potato Option</b>	Jacket potato with tuna/cheese/coleslaw/baked beans	Jacket potato with tuna/cheese/coleslaw/baked beans	Jacket potato with tuna/cheese/coleslaw/baked beans	Jacket potato with tuna/cheese/coleslaw/baked beans	
<b>Dessert Options</b>	Raspberry or strawberry mousse, yoghurt or fruit	Fruit crumble cake, yoghurt or fruit	Homemade biscuit, yoghurt or fruit	Bread and butter pudding, yoghurt or fruit	Poached cinnamon pears with vanilla ice-cream, yoghurt or fruit
<b>Grab and Go Option</b>	Wholemeal pitta with cheese, vegetable sticks, fruit, bake/biscuit and drink	Tuna mayonnaise baguette, vegetable sticks, fruit, bake/biscuit and drink	Ham baguette, vegetable sticks, fruit, bake/biscuit and drink	Egg mayonnaise baguette or sandwich, vegetable sticks, fruit, bake/biscuit and drink	Cheese wrap, vegetable sticks, fruit, bake/biscuit and drink

# Week 3 Menu

Week commencing: 17/09/19, 08/10/19, 05/11/19, 26/11/19 and 17/12/19

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Option</b>	Pizza whirls with potato cubes and vegetables or salad bar	BBQ pulled chicken in a wholemeal pitta with rice and vegetables or salad bar	Spaghetti Bolognese with seasonal vegetables or salad bar	Bacon topped macaroni cheese with homemade wholemeal bread and fresh vegetables or salad bar	Fish fingers and chips with vegetables or salad bar
<b>Vegetarian Option</b>	Cheese and tomato whirls and vegetables or salad bar	BBQ quorn fillet in a wholemeal pitta with rice and vegetables or salad bar	Tomato and basil quiche and vegetables or salad bar	Macaroni cheese with homemade wholemeal bread and vegetables or salad bar	Veggie fingers and chips with vegetables or salad bar
<b>Jacket Potato Option</b>	Jacket potato with tuna/cheese/coleslaw/baked beans	Jacket potato with tuna/cheese/coleslaw/baked beans	Jacket potato with tuna/cheese/coleslaw/baked beans	Jacket potato with tuna/cheese/coleslaw/baked beans	
<b>Dessert Options</b>	Raspberry, mango or orange smoothie, yoghurt or fruit	Cappuccino cake, yoghurt or fruit	Toffee apple cake, yoghurt or fruit	Pancakes with summer berries, yoghurt or fruit	Fruit medley and ice-cream
<b>Grab and Go Option</b>	Wholemeal pitta with cheese, vegetable sticks, fruit, bake/biscuit and drink	Tuna mayo and sweetcorn baguette, vegetable sticks, fruit, bake/biscuit and drink	Ham baguette, vegetable sticks, fruit, bake/biscuit and drink	Egg mayo sandwich, vegetable sticks, fruit, bake/biscuit and drink	Cheese wrap, vegetable sticks, fruit, bake/biscuit and drink

## **Salad bar options**

Daily:

Cucumber

Tomatoes

Carrots

Peppers

and

A selection of the following:

Apples

Pears

Oranges

Lettuce

Eggs (boiled)

Olives

Pickled gherkin

Pasta salad

Rice salad

Potato salad

Beetroot

Noodles

Couscous

Sweetcorn

Coleslaw

Red onion

.....plus more!