



	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Locally sourced free-range eggs</b>  <b>British organic milk</b>  <b>Fish certified by the Marine Stewardship Council</b>  <b>Organic pasta</b>  <b>Organic fruit yoghurts</b>  <b>Red Tractor Farm Assured &amp; British meat</b>  <b>Variety of breads</b>	Vegetarian Option 1	Paneer & sweetcorn curry served with rice & chapatti	Chickpea & potato curry served with rice & naan bread	Mixed dhal served with rice & cumin flat bread	Cheese pizza with peppers & sweetcorn	Salmon fish fingers or fish cakes
	Vegetarian Option 2	Vegetable Bolognese	Vegetable jambalaya served with sweetcorn relish	Quorn fillet served with stuffing & gravy	Cheese pizza with peppers & sweetcorn	Quorn burger
	Deli	Quorn sausage hot dog served with tomato salsa & side salad	Pea & potato puff served with side salad	Tortilla wrap with BBQ Quorn served with side salad	Tuna mayonnaise & spring onion bagel served with side salad	Jacket potato with cheese & baked beans served with side salad
	Dessert	Chocolate brownie or coconut cookie	Apple sponge & custard or chocolate krispie	Fresh fruit & yoghurt selection or fresh fruit served with yoghurt & granola topping	Ice cream or pear & chocolate sponge served with chocolate sauce	Jelly with fruit or ginger biscuit
	Vegetarian Option 1	Quorn sausage	Traditional Quorn pie served with gravy	Tuna pasta bake	Vegetable lasagne	Fish fingers
	Vegetarian Option 2	Mixed dhal served with rice & chapatti	Chickpea curry served with rice & naan bread	Macaroni cheese	Black eyed bean curry served with rice & chapatti	Vegetable fingers
	Deli	Jacket potato with mixed bean chilli served with side salad	Tortilla boat with spicy Quorn served with side salad	Wild west jacket potato served with side salad	Vegetable quesadilla served with side salad	Jacket potato with cheese & baked beans with side salad
	Dessert	Rhubarb crumble & custard or chocolate biscuit	Apple flapjack or cherry shortbread	Fresh fruit & yoghurt selection or fresh fruit served with yoghurt & granola topping	Ice cream or iced carrot cake	Chocolate tart or iced fruit sponge
	Vegetarian Option 1	Toover dhal served with rice & chapatti	Vegetable curry served with rice & chapatti	Red bean & sweetcorn curry served with rice & naan bread	Cheese & pepper flan or cheese flan	Vegetable burger
	Vegetarian Option 2	Vegetable shepherds pie	Vegetable curry served with rice & chapatti	Quorn fillet served with stuffing & gravy	Breaded salmon fillet	Battered pollock bites
	Deli	Jacket potato with cheese & baked beans served with side salad	Vegetable carbonara served with a garlic roll & side salad	Spicy bean enchilada served with side salad	Jacket potato with tuna mayonnaise & spring onion served with side salad	French bread pizza served with side salad
	Dessert	Cheese & biscuits with grapes or oat & raisin cookie	Apple crumble & custard or chocolate shortbread	Fruit muffin or butterscotch biscuit	Fresh fruit & yoghurt selection or fresh fruit served with yoghurt & granola topping	Ice cream or fruit strudel & custard

Freshly made tomato-based sauce

The amount of sugar in most of our puddings has been reduced

Seasonal vegetables served where possible



### Week 1

2019  
11 Nov, 2 Dec  
2020  
6 Jan, 27 Jan, 24 Feb, 16 Mar, 20 Apr, 11 May, 8 Jun, 29 Jun, 31 Aug, 21 Sep, 12 Oct

### Week 2

2019  
18 Nov, 9 Dec  
2020  
13 Jan, 3 Feb, 2 Mar, 23 Mar, 27 Apr, 18 May, 15 Jun, 6 Jul, 7 Sep, 28 Sep

### Week 3

2019  
25 Nov, 16 Dec  
2020  
20 Jan, 10 Feb, 9 Mar, 30 Mar, 4 May, 1 Jun, 22 Jun, 24 Aug, 14 Sep, 5 Oct