

# Week one

03/05 23/05 20/06 11/07 05/09 26/09 17/10

Monday

Choose a main meal...  
Caribbean chicken with jollof rice  
Potato and chickpea curry with rice  
Assorted sandwiches

on the side...  
Sweetcorn  
Fresh broccoli

for dessert...  
Fruity delight  
Fresh fruit platter

Tuesday

Choose a main meal...  
Beef spaghetti bolognaise  
Quorn sausage with mash potato and gravy  
Jacket potato with various toppings

on the side...  
Garden Peas  
Fresh cauliflower

for dessert...  
Carrot & beetroot cake with custard  
Fresh fruit salad

Wednesday

Choose a main meal...  
Roast beef with roast potatoes & gravy  
Roast vegetable lasagne  
Assorted baguettes

on the side...  
Mixed vegetables  
Fresh cabbage

for dessert...  
Fruit salad and ice cream  
Seasonal fruit bowl

Thursday

Choose a main meal...  
Chicken tikka masala with pilau rice  
Quorn bolognaise with pasta  
Jacket potato selection with various filling

on the side...  
Sweetcorn  
Green beans

for dessert...  
Lemon sponge with custard  
Fresh fruit platter

Friday

Choose a main meal...  
Beef burger in a bun with chips  
Baked vegetable omelette with chips  
Jacket potato selection

on the side...  
Baked beans  
Garden peas

for dessert...  
Banana cake with cream  
Fresh fruit salad

# Week two

09/05 06/06 27/06 18/07 12/09 03/10

Choose a main meal...  
Steamed salmon with new potatoes  
Cheese & tomato or Vegetable supreme pizza  
Jacket potato with various selection

on the side...  
Garden peas  
Roasted vegetables

for dessert...  
Berry jelly chill with fresh fruit  
Fresh fruit bowl

Choose a main meal...  
Chicken and vegetable pie with mash potato  
Vegetable stir fry with noodles  
Pasta bar

on the side...  
Fresh broccoli  
Fresh carrots

for dessert...  
Apple crumble with custard  
Fresh fruit salad

Choose a main meal...  
Roast turkey with roast potatoes & gravy  
Quorn roast with roast potatoes & gravy  
Assorted wraps

on the side...  
Fresh cabbage  
Mixed vegetables

for dessert...  
Flapjack with frozen yoghurt  
Seasonal fruit bowl

Choose a main meal...  
Mexican beef chilli con carne with wholemeal rice  
Macaroni cheese  
Jacket potato with various selections

on the side...  
Sweetcorn  
Fresh cauliflower

for dessert...  
Pineapple upside down pudding with custard  
Fresh fruit platter

Choose a main meal...  
Battered fish portion with chips  
Cauliflower cheese bake  
Jacket potato with various selection

on the side...  
Peas  
Baked Beans

for dessert...  
Chocolate and banana marble cake  
Fresh fruit salad

If you don't fancy dessert, you can *always* enjoy fresh fruit or yoghurt.



# Week three

16/05 13/06 04/07 19/09 10/10

Choose a main meal...  
Cajun chicken with new potatoes  
Summer bean wrap with potato wedges  
Assorted sandwiches

on the side...  
Garden Peas  
Carrots

for dessert...  
Fruit yoghurt crunch  
Fresh fruit platter

Choose a main meal...  
Italian beef bolognaise with wholewheat pasta  
Sweet & sour vegetable chow mein  
Jacket potato with various selection

on the side...  
Roasted vegetables  
Sweetcorn

for dessert...  
Orange cake with vanilla sauce  
Fresh fruit salad

Choose a main meal...  
Roast chicken with roast potatoes & gravy  
Country vegetable pie with roast potatoes  
Assorted baguettes

on the side...  
Fresh cauliflower  
Seasonal cabbage

for dessert...  
Shortbread biscuit with ice cream  
Seasonal fruit bowl

Choose a main meal...  
Beef lasagne  
Quorn and vegetable penne pasta  
Jacket potato with various selection

on the side...  
Fresh broccoli  
Fresh carrots

for dessert...  
Cheese and crackers or Banana with custard  
Fresh fruit platter

Choose a main meal...  
Golden fish fingers with chips  
Quorn burger with chips  
Jacket potato with various selection

on the side...  
Baked beans  
Garden peas

for dessert...  
Chocolate sultana crispy with fruit slices  
Fresh fruit salad

If your child receives or needs a special diet or allergen menu, please speak to your catering manager or contact us. We have a fresh salad bar available daily. We also offer packed lunches, please speak to your catering manager or contact us for more details.



There is a vegetarian choice *every day*... and don't forget that salad is available *daily*.

Keep yourself topped up with water - it will help you concentrate *all day long*.

