

|        | Option      | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--------|-------------|---|---|---|---|---|
| WEEK 1 | Main Option | Mac & cheese (G, Mk)<br>or<br>Black-eyed peas minestrone Soup (Ce, G, **, **)<br>or<br>Jacket Potato with daily Topping                           | Bean and cheese quesadillas (Ce, G, Mk, *)<br>or<br>Greens & cheese parcels (G, Mk)<br>or<br>Sandwich of the day (G, Mk, *, **) | Hot dogs (G, Ce, S, Vg, M)<br>or<br>Cauliflower pea curry with naan (G, Mk, *)<br>Or<br>Jacket Potato with daily topping      | Stir Fry Noodles (Ce, G, S, *)<br>or<br>Potato rosti with beans & cheese (G, **, Mk, *)<br>or<br>Sandwich of the day (G, Mk, *, **) | Margarita Pizza & Chips (Ce, G, Mk, *, **)<br>or<br>Mexican bean rice (*)<br>or<br>Jacket Potato with daily topping                   |
|        | Sides       | Seasonal salad bar  | Seasonal salad bar  | Seasonal salad bar  | Seasonal salad bar  | Seasonal salad bar  |
|        | Dessert     | Apple crumble with custard (G, Mk, *, **)   | Coconut Jam cake (G, *)   | Chocolate mousse (Mk)   | Strawberry Jelly (*)  | Ice Cream (Mk, *)   |
| WEEK 2 | Main Option | Green pesto penne rigate (Ce, G, Mk, *, **)<br>or<br>Vegetable Soup & bread (Ce, G, Mk, *, **)<br>or<br>Jacket Potato with daily topping          | Fajitas (Ce, G, Mk, *)<br>or<br>Mediterranean tart (Ce, G, Mk)<br>or<br>Assorted sandwich (G, Mk, *, **)                        | Homemade sausage rolls (G, Ce, S, *)<br>or<br>Vegetable coconut curry with rice (*)<br>or<br>Jacket Potato with daily topping | Lasagne (Ce, G, Mk)<br>or<br>Chana masala with naan (G, Mk)<br>or<br>Assorted sandwich (G, Mk, *, **)                               | Margarita Pizza & Chips (Ce, G, Mk, *, **)<br>or<br>Couscous with Roasted Vegetables (G, *)<br>or<br>Jacket Potato with daily topping |
|        | Sides       | Seasonal salad bar  | Seasonal salad bar  | Seasonal salad bar  | Seasonal salad bar  | Seasonal salad bar  |
|        | Dessert     | Greek style yoghurt with mango coulis (Mk)  | Chocolate Mousse (Mk)   | Flapjack (G, *)   | Orange Jelly (*)  | Ice Lollies (*)   |
| WEEK 3 | Main Option | Roasted vegetable Pasta bake (Ce, G, Mk, *, **)<br>or<br>Roasted Tomato Soup & Bread (Ce, G, Mk, *, **)<br>or<br>Jacket Potato with daily topping | Burrito Wraps (Ce, G, Mk, *)<br>or<br>Potato rosti with beans & cheese (G, **, Mk, *)<br>or<br>Assorted sandwich (G, Mk, *, **) | Halloumi pesto burger (G, Mk)<br>or<br>Sweet Potato Curry with Rice (*)<br>or<br>Jacket Potato with daily topping             | Sausage Mash & Gravy (Ce, G, S, Mk, *)<br>or<br>Matar paneer with Rice (G, Mk)<br>or<br>Assorted sandwich (G, Mk, *, **)            | Margarita Pizza & Chips (Ce, G, Mk, *, **)<br>or<br>Vegetable Pilaf Rice (*)<br>or<br>Jacket Potato with daily topping                |
|        | Sides       | Seasonal salad bar  | Seasonal salad bar  | Seasonal salad bar  | Seasonal salad bar  | Seasonal salad bar  |
|        | Dessert     | Pear Crumble with Custard (G, Mk, *, **)  | Carrot Cake (G, *)  | Flapjack (G, Vg)  | Chocolate chip shortbread (G, Mk, *)  | Ice Cream (Mk, *)   |

### Allergens

Mk - Contains dairy | G - Contains gluten | DG - Contains dairy & gluten  
Ce - Celery | S-Soya | \* Vegan option | \*\*Gluten Free option

**Please Note:** Fruits are available every day  
Gluten Free & Vegan option available every day  
Week 1 commencing: Aug- 30, Sep- 20, Oct- 11; Nov- 15; Dec- 06