

Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Spanish Chickpea stew with rice (Ce, G/O & V/O) **	Roasted vegetable tomato pasta (Ce, G, G/O & V/O) **	Veggie chilli, rice, guacamole & sour cream (Ce, Mk, G/O & V/O) **	Burritos served with rice and salsa (G, Mk) **	Mixed Veg Pizza & new potatoes (G, Mk, G/O & V/O) **
	Veggie Burger, Roasted New Potatoes & Coleslaw (G, G/O and V/O)	Dhal rice & Naan Bread (Ce, G, Mu, G/O & V/O)	Veggie sausage roll, new potatoes & greens (G, So, V/O)	Thai Coconut Curry with Tofu Rice (V/O and G/O)	Homemade soup and whole wheat baguette (Ce, G)
Sides	Jacket potato, beans & cheese Vegetable of the day Crudites, Bread (V/O and G/O)	Jacket potato, beans & cheese Vegetable of the day Crudites, Bread (V/O and G/O)	Jacket potato, beans & cheese Vegetable of the day Crudites, Bread (V/O and G/O)	Jacket potato, beans & cheese Vegetable of the day Crudites, Bread (V/O and G/O)	Jacket potato, beans & cheese Vegetable of the day Crudites, Bread (V/O and G/O)
Dessert	Fruit & Yoghurt (Mk, V/O and G/O)	Fruity Fool (Mk, Se, V/O and G/O)	Carrot cake (G, V/O and G/O)	Fruit Smoothie (V/O and G/O)	Rice pudding with fruit Mk (V/O and G/O)
Main	Creamy Spring Vegetable Gnocchi (G, Mk, Mu, Ce, G/O & V/O) **	Vegetable Noodles Stir Fry (G, G/O & V/O) **	Lentil loaf, gravy and veg (Ce Mu, G/O & V/O) **	Vegetable & Lentil Lasagne (G, Mk, Ce, G/O & V/O) **	Mixed Veg Pizza & new potatoes (G, Mk, G/O & V/O) **
	Soup with homemade bread roll (Ce, G, V/O & G/O)	Spinach feta and butternut pie with mashed potato (G, Mk)	Mac 'n' cheese (G, Mk, Mu (G/O)	Veggie sausage, mash served with peas (Mk, Mu, So, G)	Coconut and spinach dahl with naan bread (G, Ce, Mk)
Sides	Jacket potato, beans & cheese Vegetable of the day Crudites, Bread (V/O and G/O)	Jacket potato, beans & cheese Vegetable of the day Crudites, Bread (V/O and G/O)	Jacket potato, beans & cheese Vegetable of the day Crudites, Bread (V/O and G/O)	Jacket potato, beans & cheese Vegetable of the day Crudites, Bread (V/O and G/O)	Jacket potato, beans & cheese Vegetable of the day Crudites, Bread (V/O and G/O)
Dessert	Fruit & Yoghurt (Mk, V/O and G/O)	Fruit pudding with custard (G, Mk, V/O and G/O)	Pear and chocolate cake (G, V/O and G/O)	Banoffee Pie (Mk G, V/O and G/O)	Fruit Smoothie (V/O and G/O)
Main	Pesto pasta with roasted tomato (G, G/O & V/O) **	Mexican Quesadillas with rice & Salsa (G, Mk, Ce, G/O & V/O) **	Vegetable Pasta Bake (Mu, G, Mk, G/O & V/O) **	Vegetable cottage pie & seasonal veg (G, Mk, Mu, G/O & V/O) **	Mixed Veg Pizza & new potatoes (G, Mk, G/O & V/O) **
	Potato and pea korma with naan (G, Mu, G/O)	Soup with homemade bread roll (Ce, G, G/O)	Falafels, pitta bread & hummus (Se, Mk, Mu (G/O)	Vegetable stir fry, tofu & rice (G, SO, G/O)	Dahl, Rice and Naan (Ce, G, Mu, G/O & V/O)
Sides	Jacket potato, beans & cheese Vegetable of the day Crudites, Bread (V/O and G/O)	Jacket potato, beans & cheese Vegetable of the day Crudites, Bread (V/O and G/O)	Jacket potato, beans & cheese Vegetable of the day Crudites, Bread (V/O and G/O)	Jacket potato, beans & cheese Vegetable of the day Crudites, Bread (V/O and G/O)	Jacket potato, beans & cheese Vegetable of the day Crudites, Bread (V/O and G/O)
Dessert	Fruit yoghurts (G, Mk, V/O and G/O)	Fruit crumble & custard (Mk, G, V/O and G/O)	Seeded flapjack (G, V/O and G/O)	Rice pudding with fruit compote (Mk, V/O -G/O)	Fruit Smoothie (V/O and G/O)

### Allergens

Mk - Contains dairy | G - Contains gluten | DG - Contains dairy & gluten

**Please Note:** Salad bar, fresh breads & fruits are available every day; Seasonal fruits and vegetables are used

**Week 1 commencing:** 6th Sept, Sep- 20; Oct- 11; Nov- 15; Dec- 06