

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Tomato and basil pasta (DG) * Or Black eyed beans with rice (Mu)	Jacket potato with beans Or Mixed vegetable curry with naan (G, Ce, Mu)	Spaghetti bolognese (G, Ce) Or Mixed dal with rice & peas (Mu)	Mexican quesadillas (DG)* Or Matar paneer with naan (DG)	Pizza with peppers & chips (DG) Or Pilau rice with carrots & yogurt (D) *
	Sides	Assorted salads & fruits Bread	Assorted salads & fruits Bread	Assorted salads & fruits Bread	Assorted salads & fruits Bread	Assorted salads & fruits Bread
	Dessert	Fruit Yogurt (D)	Apple crumble with custard (DG)	Strawberry jelly	Orange cake (G)	Ice Cream (D)
WEEK 2	Main Option	Tomato pasta bake (DG, Ce,) * Or Green mung curry with rice (Mu)	Sausage & mash with gravy (G, So) Or Pav bhaji (G)	Vegetable stir fry with tofu (G, So) Or Kadhi with vegetable rice (D, Mu)	Panini sandwich with tomato & cheese (DG) * Or Chana & potato masala with naan (G, Mu)	Margherita pizza with chips (DG) Or Vegetable khichari with yogurt (D)
	Sides	Assorted salads & fruits Bread	Assorted salads & fruits Bread	Assorted salads & fruits Bread	Assorted salads & fruits Bread	Assorted salads & fruits Bread
	Dessert	Mango yoghurt (D)	Pear crumble with custard (DG)	Orange jelly	Chocolate cake (G)	Ice Cream (D)
WEEK 3	Main Option	Tomato & vegetable pasta (DG) * Or Rajma & sweetcorn curry with coconut milk rice (Mu)	Mexican vegetable rice with nachos & salsa Or Idli sambar (G, Mu)	Veggie dogs (G) Or Vegetable paneer curry with naan (G, Mu)	Mixed vegetable pinwheels in puff pastry (G) Or Chan dal with spinach rice	Pizza with sweetcorn & olives (DG) Or Vegetable biryani (Mu)
	Sides	Assorted salads & fruits Bread	Assorted salads & fruits Bread	Assorted salads & fruits Bread	Assorted salads & fruits Bread	Assorted salads & fruits Bread
	Dessert	Mixed berry yogurt (D)	Peach crumble with custard	Strawberry jelly	Vanilla cake (G)	Ice Cream (D)

Allergens

D - Contains dairy | G - Contains gluten | DG - Contains dairy & gluten | Ce - Celery
Mu - Mustard | So - Soya | * Vegan

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

Week 1 commencing: 6th Sept, Sep-27; Oct-18; Nov-22