

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Spaghetti Bolognese (G, Mk) & Fresh salad bar, bread & fruits	Enchiladas and Mexican Rice (G, Mk) & Fresh salad bar, bread & fruits	Bean Burger & Wedges (G, Mk) & Fresh salad bar, bread & fruits	Tofu & Veg Stir fry (G) & Fresh salad bar, bread & fruits	Margherita Pizza & Chips (G, MK) & Fresh salad bar, bread & fruits
	Light Meal	Jacket Potato Option: Beans, Cheese & sweetcorn (Mk)	Jacket Potato Option: Beans, Cheese & sweetcorn (Mk)	Jacket Potato Option: Beans, Cheese & sweetcorn (Mk)	Jacket Potato Option: Beans, Cheese & sweetcorn (Mk)	Jacket Potato Option: Beans, Cheese & sweetcorn (Mk)
	Dessert	Fruit yogurt (Mk)	Fruity flapjack (G, Mk)	Cheesecake (G, Mk)	Vanilla cake with custard (Mk)	Ice Cream (D)
WEEK 2	Main Option	Mac & Cheese (G, Mk) & Fresh salad bar, bread & fruits	Quesadilla & Mexican rice (G, Mk) & Fresh salad bar, bread & fruits	No meat burger & Wedges (G, Mu, Mk) & Fresh salad bar, bread & fruits	Sausage & Mash with Gravy (G, MK) & Fresh salad bar, bread & fruits	Jackfruit pizza & Chips (G, Mk) & Fresh salad bar, bread & fruits
	Light Meal	Jacket Potato Option: Beans, Cheese & sweetcorn (Mk)	Jacket Potato Option: Beans, Cheese & sweetcorn (Mk)	Jacket Potato Option: Beans, Cheese & sweetcorn (Mk)	Jacket Potato Option: Beans, Cheese & sweetcorn (Mk)	Jacket Potato Option: Beans, Cheese & sweetcorn (Mk)
	Dessert	Cinnamon puffs (G, Mk)	Sponge pudding (Mk)	Chocolate cake (G, Mk)	Coconut cookies (DG)	Ice Cream (D)
WEEK 3	Main Option	Tomato & Basil Pasta (Mu, G, Mk) & Fresh salad bar, bread & fruits	Quesadilla & Mexican rice (Mu, G, Mk) & Fresh salad bar, bread & fruits	Falafel Wraps (Mu, G, Mk) & Fresh salad bar, bread & fruits	Thai coconut curry & rice (Mu, G, Mk) & Fresh salad bar, bread & fruits	Veggie Pizza & Chips (G, Mk) & Fresh salad bar, bread & fruits
	Light Meal	Jacket Potato Option: Beans, Cheese & sweetcorn (Mk)	Jacket Potato Option: Beans, Cheese & sweetcorn (Mk)	Jacket Potato Option: Beans, Cheese & sweetcorn (Mk)	Jacket Potato Option: Beans, Cheese & sweetcorn (Mk)	Jacket Potato Option: Beans, Cheese & sweetcorn (Mk)
	Dessert	Fruit yoghurt (G, Mk)	Chocolate Mousse (Mk)	Brownies (G, Mk)	Crumble & custard (G, Mk)	Ice cream (D)

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:** Aug- 30, Sep- 20; Oct- 11; Nov- 15; Dec- 06

