

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Pasta Bolognese (G, D) Vegetable Soup (Ce,G) Jacket Potato & toppings	Potato Rosti with Cowboy Beans (Ce) Chinese fried rice (Ce,Se,S) Jacket Potato & toppings	Veggie Burger and Chips (G) Cauliflower & Sweet Potato Curry (Ce) Jacket Potato & toppings	Baked Vegetable Gnocchi (G,D) Stir Fry Noodles (S,G,Se) Jacket Potato & toppings	Pizza and Baby Potatoes (G,D) Dhal and Naan Bread (Ce,Mu,G) Jacket Potato & toppings
	Side	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits
	Dessert	Fruit yogurt (D)	Seeded Flapjack (G)	Fruit Crumble & Custard (G,D)	Carrot Cake (G)	Ice Cream (D)
WEEK 2	Main Option	Mac & Cheese (G,D) Butternut and Lentil Soup (Ce,G) Jacket Potato & toppings	Quesadilla & Mexican rice (Ce,G,D) Vegetable Strudel (D, G) Jacket Potato & toppings	Wrap of the day with Salad (G,D) Palak Chickpea and Potato (Mu, Ce) Jacket Potato & toppings	Sausage, Mash & Gravy (G, S) Roasted Veg with Cous Cous (G) Jacket Potato & toppings	Pizza and Baby potatoes (G,D) Dhal and Naan Bread (Ce,Mu,G) Jacket Potato & toppings
	Light Meal	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits
	Dessert	Fruit Yoghurt (D)	Jelly and Fruit	Brownie (D, G)	Cake with Custard (G, D)	Ice Cream (D)
WEEK 3	Main Option	Basil Pesto Pasta (G) Minestrone Soup (G,Ce) Jacket Potato & toppings	Chilli with Wedges (Ce) Spinach and Cheese Pastry (G,D) Jacket Potato & toppings	Sausage Roll and Salad (G,S) Matar Paneer (Mu,D) Jacket Potato & toppings	Chow Mein (G,S,Se) Biryani Rice & Yoghurt (Ce,D) Jacket Potato & toppings	Pizza and Baby potatoes (G,D) Dhal and Naan Bread (Ce,Mu,G) Jacket Potato & toppings
	Light Meal	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits
	Dessert	Fruit yoghurt (D)	Chocolate Pudding (D)	Sponge Cake (G)	Mousse (D)	Ice Cream (D)

Allergens

D - Dairy | G - Gluten | S - Soja | Se - Sesame | Mu - Mustard | Ce - Celery

Please Note:

Salad bar, fresh breads & fruits are available every day; seasonal fruits and vegetables are used

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Pasta Bolognese (G, Ce) Vegetable Soup (Ce, G) Jacket Potato & toppings	Potato Rosti with Cowboy Beans (Ce) Chinese Fried Rice (Ce, Se, S) Jacket Potato & toppings	Veggie Burger and Chips (G) Cauliflower & Sweet Potato Curry (Ce) Jacket Potato & toppings	Stir Fry Noodles (G, Se, S) Jacket Potato & toppings	Pizza & Baby Potatoes (G) Dahl & Naan Bread (Ce, Mu, G) Jacket Potato & toppings
	Side	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits
	Dessert	Soya Yoghurt (S)	Seeded Flapjack (G)	Fruit Crumble & Custard (G)	Carrot Cake (G)	Fruity Ice Lolly
WEEK 2	Main Option	Mac & Cheese (G) Butternut and Lentil Soup (Ce, G) Jacket Potato & toppings	Quesadilla & Mexican Rice (Ce, G) Jacket Potato & toppings	Wrap of Day with Salad (G) Palak Chickpea and Potato (Ce, Mu) Jacket Potato & toppings	Sausage, Mash with Gravy (G, S) Roasted Veg with Cous Cous (G) Jacket Potato & toppings	Pizza & Baby Potatoes (G) Dahl and Naan Bread (Ce, Mu, G) Jacket Potato & toppings
	Light Meal	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits
	Dessert	Soya Yoghurt (S)	Jelly and Fruit	Brownie (G)	Cake with Custard (G)	Fruity Ice Lolly
WEEK 3	Main Option	Basil Pesto Pasta (G) Minestrone Soup (Ce, G) Jacket Potato & toppings	Chilli with Wedges (Ce) Jacket Potato & toppings	Sausage Roll and Salad (S, G) Aloo Martar (Ce, Mu) Jacket Potato & toppings	Chow Mein (G, S, Se) Biryani Rice (Ce) Jacket Potato & toppings	Pizza & Baby Potatoes (G) Dahl and Naan Bread (Ce, Mu, G) Jacket Potato & toppings
	Light Meal	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits
	Dessert	Soya Yoghurt (S)	Chocolate Pudding	Sponge Cake (G)	Fruity Chia Seed Pudding	Fruity Ice Lolly

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	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Pasta Bolognese (Ce) Vegetable Soup (Ce) Jacket Potato & toppings	Potato Rosti with Cowboy Beans (Ce) Chinese Fried Rice (Ce) Jacket Potato & toppings	Cauliflower & Sweet Potato Curry (Ce) Jacket Potato & toppings	Vegetable Rice Noodles Jacket Potato & toppings	Pizza and Baby Potatoes Dahl & Rice (Ce, Mu) Jacket Potato & toppings
	Side	Greens of the day Fresh salad bar & fruits	Greens of the day Fresh salad bar & fruits	Greens of the day Fresh salad bar & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar & fruits
	Dessert	Coconut Yoghurt	Seeded Flapjack	Fruit Crumble & Custard	Carrot Cake	Fruity Ice Lolly
WEEK 2	Main Option	Mac & Cheese Butternut and Lentil Soup (Ce) Jacket Potato & toppings	Quesadilla & Mexican Rice (Ce) Jacket Potato & toppings	Palak Chickpea and Potato (Ce, Mu) Jacket Potato & toppings	Roasted Veg with Quinoa Jacket Potato & toppings	Pizza and Baby Potatoes Dahl & Rice (Ce, Mu) Jacket Potato & toppings
	Light Meal	Greens of the day Fresh salad bar & fruits	Greens of the day Fresh salad bar & fruits	Greens of the day Fresh salad bar & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar & fruits
	Dessert	Coconut Yoghurt	Jelly and Fruit	Elderflower and Oat Slice	Cake with Custard	Fruity Ice Lolly
WEEK 3	Main Option	Basil pesto Pasta Minestrone Soup (Ce) Jacket Potato & toppings	Chilli with Wedges (Ce) Jacket Potato & toppings	Aloo Martar (Ce, Mu) Jacket Potato & toppings	Chow Mein Biryani Rice Jacket Potato & toppings	Pizza and Baby Potatoes Dahl & Rice (Ce, Mu) Jacket Potato & toppings
	Light Meal	Greens of the day Fresh salad bar & fruits	Greens of the day Fresh salad bar & fruits	Greens of the day Fresh salad bar & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar & fruits
	Dessert	Coconut Yoghurt	Chocolate pudding	Sponge Cake	Chia Seeds pudding	Fruit Smoothie

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