Menu – Week 1

Week commencing: 06/01/20, 27/01/20

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option	Turkey burger in a bun with seasoned skin-on wedges and vegetables or salad bar	Cajun chicken with rice or a wrap and vegetables or salad bar	Local butcher's chipolata toad-in-the-hole served with pommes noisettes and vegetables or salad bar	Taco beef and pasta bake with garlic doughballs and vegetables or salad bar	Cod fillet or fish star with chunky fries and peas
Vegetarian Option	Veggie burger in a bun with seasoned skin-on wedges and vegetables or salad bar	Roasted mediterranean vegetables in served with rice and a wrap and salad bar	Quorn chipolata toad-in-the-hole served with pommes noisettes and vegetables or salad bar	Vegetable ravioli served with garlic doughballs and vegetables or salad bar	Quorn dippers with chunky fries and peas
Jacket Potato Option	Jacket potato with tuna/cheese/ coleslaw/baked beans	Jacket potato with tuna/cheese/ coleslaw/baked beans	Jacket potato with tuna/cheese/ coleslaw/baked beans	Jacket potato with tuna/cheese/ coleslaw/baked beans	
Dessert Options	Fruit salad, yoghurt or fruit	Fruity flapjack, yoghurt or fruit	Chocolate brownie muffin, yoghurt or fruit	Raspberry ripple ice cream, yoghurt or fruit	Fruity jelly pots, yoghurt or fruit
Grab and Go Option	Wholemeal pitta with cheese, vegetable sticks, fruit, bake/biscuit and drink	Tuna mayo and sweetcorn baguette, vegetable sticks, fruit, bake/biscuit and drink	Ham baguette, vegetable sticks, fruit, bake/biscuit and drink	Egg mayo sandwich, vegetable sticks, fruit, bake/biscuit and drink	Cheese wrap, vegetable sticks, fruit, bake/biscuit and drink

Week 2 Menu

Week commencing: 13/01/20, 03/03/20 (please note change to w/c 13/01 – Thurs/Fri swapped)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option	Ham & pineapple, pepperoni or margherita pizza with pasta salad and vegetables or salad bar	Homemade beef lasagne with garlic bread and fresh vegetables or salad bar	Roast of the day with roast potatoes and Yorkshire pudding and fresh vegetables or salad bar	Tagliatelle with tomato sauce and homemade roll (optional) and choice of crispy bacon topping	Local butchers' sausage with curly fries and baked beans
Vegetarian Option	Pizza with vegetarian topping with vegetables or salad bar	Summer vegetable lasagne with garlic bread	Cheese and vegetable country bakes	Tagliatelle with tomato sauce and homemade roll (optional)	Vegetable spring rolls and curly fries
Jacket Potato Option	Jacket potato with tuna/cheese/ coleslaw/baked beans	Jacket potato with tuna/cheese/ coleslaw/baked beans	Jacket potato with tuna/cheese/ coleslaw/baked beans	Jacket potato with tuna/cheese/ coleslaw/baked beans	
Dessert Options	Raspberry or strawberry mousse, yoghurt or fruit	Fruit crumble cake, yoghurt or fruit	Homemade biscuit, yoghurt or fruit	Bread and butter pudding, yoghurt or fruit	Poached cinnamon pears with vanilla ice-cream, yoghurt or fruit
Grab and Go Option	Wholemeal pitta with cheese, vegetable sticks, fruit, bake/biscuit and drink	Tuna mayonnaise baguette, vegetable sticks, fruit, bake/biscuit and drink	Ham baguette, vegetable sticks, fruit, bake/biscuit and drink	Egg mayonnaise baguette or sandwich, vegetable sticks, fruit, bake/biscuit and drink	Cheese wrap, vegetable sticks, fruit, bake/biscuit and drink

Week 3 Menu

Week commencing: 20/01/20, 10/02/20

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option	Pizza whirls with potato cubes and vegetables or salad bar	BBQ pulled chicken in a wholemeal pitta with rice and vegetables or salad bar	Spaghetti Bolognese with seasonal vegetables or salad bar	Bacon topped macaroni cheese with homemade wholemeal bread and fresh vegetables or salad bar	Fish fingers and chips with vegetables or salad bar
Vegetarian Option	Cheese and tomato whirls and vegetables or salad bar	BBQ quorn fillet in a wholemeal pitta with rice and vegetables or salad bar	Tomato and basil quiche and vegetables or salad bar	Macaroni cheese with homemade wholemeal bread and vegetables or salad bar	Veggie fingers and chips with vegetables or salad bar
Jacket Potato Option	Jacket potato with tuna/cheese/ coleslaw/baked beans	Jacket potato with tuna/cheese/ coleslaw/baked beans	Jacket potato with tuna/cheese/ coleslaw/baked beans	Jacket potato with tuna/cheese/ coleslaw/baked beans	
Dessert Options	Raspberry, mango or orange smoothie, yoghurt or fruit	Cappuccino cake, yoghurt or fruit	Toffee apple cake, yoghurt or fruit	Pancakes with summer berries, yoghurt or fruit	Fruit medley and ice-cream
Grab and Go Option	Wholemeal pitta with cheese, vegetable sticks, fruit, bake/biscuit and drink	Tuna mayo and sweetcorn baguette, vegetable sticks, fruit, bake/biscuit and drink	Ham baguette, vegetable sticks, fruit, bake/biscuit and drink	Egg mayo sandwich, vegetable sticks, fruit, bake/biscuit and drink	Cheese wrap, vegetable sticks, fruit, bake/biscuit and drink

Salad bar options

Daily:
Cucumber
Tomatoes
Carrots
Peppers

and

A selection of the following:
Apples
Pears
Oranges
Lettuce
Eggs (boiled)
Olives
Pickled gherkin
Pasta salad
Rice salad
Potato salad
Beetroot
Noodles
Couscous
Sweetcorn
Coleslaw
Red onion
…..plus more!