

Menu – Week 1
Week commencing: 24.02.20, 09.03.20, 23.03.20

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option	Pepperoni or margherita pizza and salad bar	Spaghetti Bolognese and vegetables or salad bar	Burttons sausages, roast potatoes, Yorkshire pudding, vegetables or salad bar	Sweet and sour chicken, noodles and vegetables or salad bar	Omega 3 fish fingers with chips and peas or salad bar
Vegetarian Option	Vegetable pizza and salad bar	Quorn Bolognese and salad bar	Cauliflower cheese, roast potatoes, Yorkshire Pudding, vegetables or salad bar	Vegetable sweet and sour, noodles and vegetables or salad bar	Veggie fingers with chips and peas or salad bar
Gluten free option (for known medical conditions)	Jacket potato with cheese or tuna and salad bar	Gluten free pasta with Bolognese sauce and salad bar	Gluten free sausages, roast potatoes, gluten free Yorkshire pudding, vegetables or salad bar	Sweet and sour chicken, gluten free pasta and vegetables or salad bar	Gluten free fish fingers with chips and peas or salad bar
Dairy free option (for known medical conditions)	Cheese free pizza and salad bar	Spaghetti Bolognese and salad bar	Burttons sausages, roast potatoes, vegetables or salad bar	Sweet and sour chicken, noodles and vegetables or salad bar	Cod fillet fish fingers with chips and peas or salad bar
Jacket Potato Option	Jacket potato with tuna or cheese	Jacket potato with tuna, cheese, or coleslaw		Jacket potato with tuna or cheese	
Dessert Options	Mousse, yoghurt or fruit	Chocolate brownie, yoghurt or fruit	Fruit salad, yoghurt or fruit	Gingerbread, yoghurt or fruit	Ice cream, yoghurt or fruit
Grab and Go Option	Wholemeal pitta with ham, vegetable sticks and mousse, yoghurt or fruit	Tuna baguette, vegetable sticks and chocolate brownie, yoghurt or fruit	Ham baguette, vegetable sticks and fruit yoghurt or fruit	Tuna mayonnaise pitta, vegetable sticks and gingerbread, fruit yoghurt or fruit	Cheese pitta, vegetable sticks and fruit smoothie or fruit

Week 2 Menu
Week commencing: 02.03.20, 16.03.20 & 30.03.20

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option	Linguine with tomato sauce and optional grated cheese and salad bar	Hot dog with potato wedges and baked beans or salad bar	Roast turkey or gammon, roast potatoes, Yorkshire Pudding, vegetables or salad bar	Pasta with meatballs in tomato sauce and salad bar	Chicken goujons, chips and baked beans or salad bar
Vegetarian Option	Linguine with cheese sauce and salad bar	Quorn sausages, potato wedges and baked beans or salad bar	Vegetable bake, roast potatoes, Yorkshire pudding, vegetables or salad bar	Pasta with Quorn balls in tomato sauce and salad bar	Quorn nuggets, chips and baked beans or salad bar
Gluten free option (for known medical conditions)	Gluten free pasta with cheese or tomato sauce and salad bar	Gluten free sausages, potato wedges and baked beans or salad bar	Roast turkey or gammon, roast potatoes, gluten free Yorkshire pudding, vegetables or salad bar	Gluten free pasta with meatballs in pasta sauce and salad bar	Gluten free chicken goujons, chips and baked beans or salad bar
Dairy free option (for known medical conditions)	Linguine with tomato sauce and optional grated cheese and salad bar	Hot dog with potato wedges and baked beans or salad bar	Roast turkey or gammon, roast potatoes, vegetables or salad bar	Pasta with meatballs in tomato sauce and salad bar	Chicken goujons, chips and baked beans or salad bar
Jacket Potato Option	Jacket potato with tuna, cheese or coleslaw	Jacket potato with tuna, cheese or baked beans		Jacket potato with tuna or cheese	
Dessert Options	Fruit smoothie, yoghurt or fruit	Cappuccino cake, yoghurt or fruit	Fruit crumble and custard, yoghurt or fruit	Fruit jelly, yoghurt or fruit	Ice cream, fruit smoothie, yoghurt or fruit
Grab and Go Option	Wholemeal pitta with ham, vegetable sticks and fruit smoothie, yoghurt or fruit	Tuna baguette, vegetable sticks and cappuccino cake, yoghurt or fruit	Ham baguette, vegetable sticks and fruit yoghurt or fruit	Tuna mayonnaise pitta, vegetable sticks and jelly pot or fruit	Cheese pitta, vegetable sticks and fruit smoothie or fruit

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

and more ...