

WEEK ONE

MONDAY










Planet Friendly Day

TUESDAY









WEDNESDAY

THURSDAY











FRIDAY

Option one	Fresh-Baked French bread Cheese & Tomato Pizza slices with new potatoes (V) 	Plant Burger (VE) or Beef Burger, both served in a bun with Potato Wedges (VE) 	Cheese & tomato quiche (V)  Roast chicken	Chickpea chat aloo with Rice (VE)  	5 Bean Chilli & Jacket potato (VE) 
Option two	Tomato & vegetable pasta (VE) 		Both served with Stuffing Roast or Mashed Potatoes & Gravy (V)	Chinese Chicken curry with Rice 	Battered Fish & chips
Vegetables	Vegetables of the Day (VE)	Vegetables of the Day (VE)	Vegetables of the Day (VE)	Vegetables of the Day (VE)	Vegetables of the Day (VE)
Dessert	Yogurt and fruit (V)	Yogurt and fruit (V)	Fruit Medley (VE)	Yogurt and fruit (V) 	Yogurt and fruit (V)







WEEK TWO

Option one	Chinese Noodles (V)	Autumn Butterbean Risotto (VE) 	BBQ Quorn (VE) or BBQ chicken with Seasoned Potatoes and Salads (V) 	Shepherdess pie (VE)  	Vegetable stack & wedges (V)
Option two	Mediterranean Gratin & new potatoes (VE) 	Chicken Jollof rice		Shepherds Pie 	Salmon Fishfingers with chips
Vegetables	Vegetables of the Day (VE)	Vegetables of the Day (VE)	Vegetables of the Day (VE)	Vegetables of the Day (VE)	Vegetables of the Day (VE)
Dessert	Yogurt and fruit (V)	Yogurt and fruit (V)	Fruit medley (VE) 	Yogurt and fruit (V)	Yogurt and fruit (V) 

WEEK THREE

Option one	Creamy Mac & Cheese (V) 	Vegetable Fajitas with Rice (VE)  	Vegetable Wellington with roast or mashed potatoes (VE) 	Glamorgan sausages with Mashed potato & Gravy (V)	Spanish omelette with new potatoes (V)
Option two	Vegetable pasta bake (VE)  	Chilli Con Carne with Rice  	Herby Roast chicken with roast or Mashed Potatoes	Chicken sausages with mashed potato & Gravy	Battered fish and chips
Vegetables	Vegetables of the Day (VE)	Vegetables of the Day (VE)	Vegetables of the Day (VE)	Vegetables of the Day (VE)	Vegetables of the Day (VE)
Dessert	Yogurt and fruit (V)	Yogurt and fruit (V)	Fruit Medley (VE) 	Yogurt and fruit (V)	Yogurt and fruit (V) 

MENU KEY

 Added Plant Power  Wholemeal  Planet-Friendly and Vegan  Chef's Special  Vegan (VE)  (V) Vegetarian

Available Daily: Freshly cooked jacket potatoes with a choice of fillings (V, VE) (where advertised) - Bread freshly baked on site daily (VE) - Daily salad selection (V, VE) - Fresh Fruit (VE) and Yoghurt (V) is available daily - Milk (V)

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.