Available daily as an alternative: - Filled jacket potatoes served with vegetables, a dessert and drink. An alternative dessert from a selection of seasonal fresh fruit, yoghurt, soreen and cheese \& biscuits
Available daily - Unlimited fresh salad and wholemeal bread, drinking water or fresh milk.


V Pork Sausage with creamed potatoes, gravy served with seasonal fresh carrots and peas

V Tuna Panini served with coleslaw, sweetcorn and salad

Homemade Blueberry Cake

Thursday
$\checkmark$ Oven baked Fish
served with chunky chipped potatoes, garden peas or baked beans.

V Crumb Coated Chicken served with chunky chipped potatoes, garden peas or baked beans

Homemade Shortbread Biscuit

## Friday

$\checkmark$ Pasta Bake served with seasonal vegetables.

UHomemade Cheese Flan served with baked jacket wedges.
sweetcorn and salad
$\checkmark$ Jelly and Fruit


## Week Two

## Meat Free Monday

OMargarita Pizza
served with baked jacket wedges. and sweetcorn
( Fish Fingers with baked herby diced potatoes, and sweetcorn

Raspberry Ripple Ice Cream Roll
Tuesday
V Chilli Beef served with 50/50 rice
Ham and Cheese Panini,
fresh salad, coleslaw

Fresh Fruit Salad or Yoghurt

Wednesday
$\checkmark$ Spaghetti Bolognese served with mixed vegetables.

- Quorn served with savoury rice. and mixed vegetables
$\checkmark$ Jelly and Fruit

Thursday
V Oven baked Battered Fish served with chunky chipped potatoes. garden peas or baked beans
$\checkmark$ Chicken goujons
served with chunky chipped potatoes. garden peas or baked beans

Homemade cooks' choice Biscuit

Friday
V Chicken curry and rice
$\vee$ Selection of filled wraps
Cooks' choice
Homemade Carrot Cake
or Banana and Oat Cake

## Week Three

## Meat Free Monday

U Homemade Tomato and Mascarpone Pasta Bake served with seasonal vegetables.
© Quorn nuggets with baked herby diced potatoes, and sweetcorn

Chocolate Ice Cream Roll

Tuesday
V Cajun Chicken in a bun,
Baked wedged potatoes, coleslaw and sweetcorn.
(v) Vegetarian Burger in a bun

Baked wedged potatoes, coleslaw and sweetcorn.
Fresh Fruit Segments or
Yoghurt
Wednesday
$\checkmark$ Chicken Tikka Masala served with 50/50 rice
$\checkmark$ Baguette pizza
served with fresh salad and coleslaw.
Apple Crumble and custard

Thursday
$\checkmark$ Crumb coated chicken served with chunky chipped potatoes, garden peas or baked beans

V Oven baked Battered Fish served with chunky chipped potatoes, garden peas or baked beans

Homemade Biscuit or Cookie

## Friday

V Pork Meatballs in homemade tomato and basil sauce served with wholemeal pasta and garden peas

Twice Baked Jacket Potatoes
with ham and cheese
served with baked beans.
$\checkmark$ Jelly and Fruit

Menu cycle week one: $30^{\text {th }}$ Oct. $20^{\text {th }}$ Nov. $11^{\text {th }}$ Dec. $1^{\text {st }}$ Jan. $22^{\text {nd }}$ Jan. $12^{\text {th }}$ Feb. $4^{\text {th }}$ Mar. $25^{\text {th }}$ Mar. $15^{\text {th }}$ Apr.

Menu cycle week two: $6^{\text {th }}$ Nov. $2^{\text {th }}$ Nov. $18^{\text {th }}$ Dec. $8^{\text {th }}$ Jan. $29^{\text {th }}$ Jan. $19^{\text {th }}$ Feb. $11^{\text {th }}$ mar. $1^{\text {st }}$ Apr. $2^{\text {nd }}$ Apr.

Menu cycle week three: $13^{\text {th }}$ Nov. $4^{\text {th }}$ Dec. $15^{\text {th }}$ Jan. $5^{\text {th }}$ Feb. $26^{\text {th }}$ Feb. $18^{\text {th }}$ Mar. $8^{\text {th }}$ Apr. $2^{\text {th }}$ Apr.

