

### **WEEK 1 MENU**

WEEKS: 03/11, 24/11, 15/12, 19/01, 09/02, 09/03







### HOT MARKET

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	BBQ Pulled Chicken Wraps served with Savoury Vegetable Rice	Chicken Sausage in a Crusty Bun served with Jacket Wedges, Crispy Salad Sticks & a Selection of Sauces	Crispy Topped Shepherds Pie served with Seasonal Vegetables	Roast Chicken served with Potatoes, Yorkshire Pudding, Carrots, Cauliflower and Gravy	Chicken Nuggets served with Chips, Garden Peas or Baked Beans & Ketchup
MEAT FREE	Cheese & Tomato Swirl served with Savoury Vegetable Rice	Quorn Sausage in a Crusty Bun served with Jacket Wedges, Crispy Salad Sticks & a Selection of Sauces	Crispy Topped Shepherdless Pie served with Seasonal Vegetables	Cheese & Potato Pie served with Yorkshire Pudding, Carrots, Cauliflower and Gravy	Vegetable Nuggets served with Chips, Garden Peas or Baked Beans & Ketchup
PASTA & JACKETS	Jacket Potato with Choice of Toppings served with Fresh Salad	Jacket Potato with Choice of Toppings served with Fresh Salad	Jacket Potato with Choice of Toppings served with Fresh Salad	Jacket Potato with Choice of Toppings served with Fresh Salad	Jacket Potato with Choice of Toppings served with Fresh Salad
LUNCHTIME LUNCHBOX	Choice of Chicken, Cheese or Tuna Mayo Cheese Straws Duo of Salad Sticks	Choice of Chicken, Cheese or Tuna Mayo Tortilla Chips Duo of Salad Sticks	Choice of Chicken, Cheese or Tuna Mayo Cream Crackers Duo of Salad Sticks	Choice of Chicken, Cheese or Tuna Mayo Cheese Straws Duo of Salad Sticks	Choice of Chicken, Cheese or Tuna Mayo Tortilla Chips Duo of Salad Sticks
DESSERTS	Choose One of Our Fabulous Desserts Apple & Winter Berry Crumble Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Jam & Coconut Sponge Fruit Yoghurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Caramel Mousse with Bananas Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Vanilla Ice-cream & Fruit Sauce Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Oat & Raisin Cookie Fruit Yoghurt & Coulis Fresh Fruit Pot



## **WEEK 2 MENU**

WEEKS: 10/11, 01/12, 05/01, 26/01, 23/02, 16/03





Fresh Fruit Pot



## HOT MARKET SANDWICH

Fruity Jelly

Fresh Fruit Pot

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Traditional Beef Lasagne served with Wholemeal Garlic & Herb bread, Seasonal Vegetables	Greek Style Chicken Shawarma in a Pitta Bread served with warm Cous Cous Salad & Crunchy Veg Sticks	Chicken Melt served with Baked Wedges, Peas & Sweetcorn	Roast Chicken served with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding and Gravy	Breaded Fish Fingers served with Chips, Garden Peas or Baked Beans & Ketchup
MEAT FREE	Traditional Macaroni Cheese served with Wholemeal Garlic & Herb bread, Seasonal Vegetables	Greek Style Vegetable Shawarma in a Pitta Bread served with warm Cous Cous Salad & Crunchy Veg Sticks	Baked Vegan Roll served with Baked Wedges, Peas & Sweetcorn	Baked Lentil Roast served with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding and Gravy	Fishless Fish Fingers served with Chips, Garden Peas or Baked Beans & Ketchup
PASTA 8 JACKETS	Jacket Potato with Choice of Toppings served with Fresh Salad	Jacket Potato with Choice of Toppings served with Fresh Salad	Jacket Potato with Choice of Toppings served with Fresh Salad	Jacket Potato with Choice of Toppings served with Fresh Salad	Jacket Potato with Choice of Toppings served with Fresh Salad
LUNCHTIME LUNCHBOX	Choice of Chicken, Cheese or Tuna Mayo Cheese Straws Duo of Salad Sticks	Choice of Chicken, Cheese or Tuna Mayo Tortilla Chips Duo of Salad Sticks	Choice of Chicken, Cheese or Tuna Mayo Sandwich Cream Crackers Duo of Salad Sticks	Choice of Chicken, Cheese or Tuna Mayo Cheese Straws Duo of Salad Sticks	Choice of Chicken, Cheese or Tuna Mayo Tortilla Chips Duo of Salad Sticks
DESSERTS	Choose One of Our Fabulous Desserts Strawberry Mousse with Mixed Berry Compote	Choose One of Our Fabulous Desserts Jam Roly Poly Fruit Yoghurt & Coulis	Choose One of Our Fabulous Desserts Sticky Pineapple Cake Fruity Jelly	Choose One of Our Fabulous Desserts Lemon Tart Fruit Yoghurt & Coulis	Choose One of Our Fabulous Desserts Chocolate Brownie Fruity Jelly

Making lunchtime the highlight of your day

Fresh Fruit Pot

Fresh Fruit Pot

Fresh Fruit Pot



## **WEEK 3 MENU**

WEEKS: 17/11, 08/12, 12/01, 02/02, 02/03, 23/03





ONDAY	TUFSI



#### **THURSDAY**

# **FRIDAY**

## MAIN MEAL

**Meat Wholemeal** Pizza served with Baked Baby Potatoes. Peas & Sweetcorn

Warm Chicken Baguette served with Selection of Sauces Potatoes Wedges & Crunchy Veg Sticks

Beef Pasta Bolognese served with Wholemeal Garlic & Herb bread. Seasonal Vegetables

Chicken Sausage Roast served with Potatoes, Carrots, Cabbage, Yorkshire **Pudding and Gravy** 

Beef Burger served with Chips, Garden Peas or **Baked Beans** & Ketchup

# MEAT FREE

Margherita Wholemeal Pizza served with Baked Baby Potatoes, Peas & Sweetcorn

Crispy Vegetable Bite Baguette served with Selection of Sauces Potatoes Wedges & Crunchy Veg Sticks

Plant Based Pasta Bolognese served with Wholemeal Garlic & Herb bread. Seasonal Vegetables

Quorn Sausage Roast served with Potatoes, Carrots, Cabbage, Yorkshire Pudding and

Vegetable Burger served with Chips, Garden Peas or Baked Beans & Ketchup

## PASTA & JACKETS

**Jacket Potato with** Choice of Toppings served with Fresh Salad

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**Jacket Potato with** Choice of Toppings served with Fresh Salad

**Jacket Potato with** Choice of Toppings served with Fresh Salad

# LUNCHTIME LUNCHBOX

Choice of Chicken. Cheese or Tuna Mayo Cheese Straws Duo of Salad Sticks

Choice of Chicken, Cheese or Tuna Mayo **Tortilla Chips Duo of Salad Sticks** 

Choice of Chicken. Cheese or Tuna Mayo Cream Crackers **Duo of Salad Sticks** 

Choice of Chicken, Cheese or Tuna Mayo Cheese Straws Duo of Salad Sticks

Choice of Chicken, Cheese or Tuna Mayo Tortilla Chips **Duo of Salad Sticks** 

#### **DESSERTS**

Choose One of Our **Fabulous Desserts** Sprinkle Cookie Fruity Jelly Fresh Fruit Pot

Choose One of Our **Fabulous Desserts** Syrup Sponge Fruit Yoghurt & Coulis Fresh Fruit Pot

Choose One of Our Fabulous Desserts Chocolate Mousse with Orange Wedge Fruity Jelly Fresh Fruit Pot

Choose One of Our **Fabulous Desserts** Carrot Cake Fruit Yoghurt & Coulis Fresh Fruit Pot

Choose One of Our Fabulous Desserts Victoria Sponge Fruity Jelly Fresh Fruit Pot