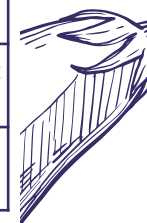
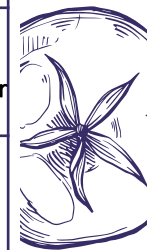


Lunch



w/c 23.09.24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Sweet & sour pork with pineapple & peppers	Butchers pork sausages with a red onion gravy	Chicken & pepper fajitas with Mexican sides	Roast pork loin with roast gravy & apple sauce	Breaded MSC haddock fillet with lemon & tartar sauce
MAIN COURSE TWO	Roasted squash & chick pea wraps (v)	Cannellini bean ratatouille (v)	Five bean chilli (v)	Beetroot & goats cheese puff pastry tart (v)	Veggie sausages with a red onion chutney (v)
SIDES	Steamed rice Sweetcorn Chinese cabbage & Chinese stir fry	Mashed potatoes Winter vegetable medley Savoy cabbage	Diced potatoes Sweetcorn Broccoli	Roast potatoes Sliced carrots, seasonal cabbage & green beans	Chips Garden peas Baked beans & salt & pepper tomatoes
SNACK BAR	Ham & cheese ciabatta	Pizza wheels (v)	Pancake rolls with a sweet chilli dipping sauce (v)	Cheese & ham tortilla triangles	Spaghetti hoops with wholemeal toast
PASTA/JACKET	50/50 pasta with simple toppings & sauces (v)	Baked sweet & jacket potatoes with toppings (v) 50/50 pasta with simple toppings & sauces (v)	50/50 pasta with simple toppings & sauces (v)	Baked sweet & jacket potatoes with toppings(v) 50/50 pasta with simple toppings & sauces (v)	50/50 pasta with simple toppings & sauces (v)
DESSERT	Apple crumble with custard	Traditional school tray bake	Granola bar or popcorn cookies	Victoria sandwich	Fruity rice crispy cake
EVERYDAY	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings
HYDRATION	Still Water	Still Water	Still Water	Still Water	Still Water



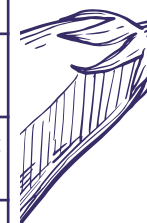
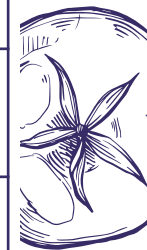


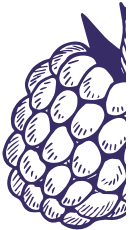
Lunch



w/c 30.09.24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Chicken tikka masala with minted cucumber & naan bread	Pork tacos with a pineapple salsa	Chilli con carne with tortilla chips and Mexican sides	Roast chicken with stuffing & a roast gravy	Beef burger in a bap with a tomato sauce with optional cheese
MAIN COURSE TWO	Gnocchi, veggie sausage, cherry tomato & mozzarella bake (v)	5 a day Mexican tray bake (v)	Mushroom stroganoff (v)	Vegetable & chickpea stew (v)	Cheddar & red onion quiche (v)
SIDES	Steamed rice Bombay potatoes Spinach & cabbage & mushroom bahji	Potato wedges Red cabbage slaw Green beans & sweetcorn	Steamed rice Courgettes, mixed salad & cobettes	Roast potatoes Carrots & mixed greens	Chips Shredded salad Baked beans & cobettes
SNACK BAR	Wholegrain pizza bagels (v)	Cheddar & ham toasty	Baked sausage rolls	Caprese tortilla calzone (v)	Chicken Caesar salad Loaded potato skins
PASTA/JACKET	50/50 pasta with simple toppings & sauces (v)	Baked sweet & jacket potatoes with toppings (v) 50/50 pasta with simple toppings & sauces (v)	50/50 pasta with simple toppings & sauces (v)	Baked sweet & jacket potatoes with toppings (v) 50/50 pasta with simple toppings & sauces (v)	50/50 pasta with simple toppings & sauces (v)
DESSERT	Dairy free chocolate brownie	Waffle bar	Marble cake	Fruit meringue roulade	Chocolate chip cup cakes
EVERYDAY	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings
HYDRATION	Still Water	Still Water	Still Water	Still Water	Still Water





Lunch



w/c 07.10.24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Italian style meatballs with garlic bread	Roast gammon loin with griddled pineapple	Latino Pop Up Shredded chicken with coriander & lime Slow roast pork with chilli, garlic & tomato sauce	Beef bolognese pasta bake or Beef bolognese	Butchers sausages & a tomato dip
MAIN COURSE TWO	Tortellini with broccoli & a nut free pesto (v)	Super vegetable lasagne (v)	Mixed beans with roasted tomatoes & red onions (v)	Squash, thyme & goats cheese quiche (v)	Bang bang cauliflower tacos with tatziki (v)
SIDES	Minted mid potatoes Carrots & kale Garden peas	Sauté potatoes Sweetcorn Greens	All served with crushed avocado & lime,, soured cream, Smokey potatoes with spring onions & mint, Baked sweetcorn & tomato salad & Bribando slaw	Mid potatoes Sweetcorn, green beans & tricolour coleslaw	Chips Garden peas Baked beans & salt & pepper tomatoes
SNACK BAR	Grilled bacon bap	Feta & tomato turnover (v)	Pizza baguette (v)	Traditional hot dog with onions	Wholemeal toast Welsh rarebit (v)
PASTA/JACKET	50/50 pasta with simple toppings & sauces (v)	Baked sweet & jacket potatoes with toppings (v) 50/50 pasta with simple toppings & sauces (v)	50/50 pasta with simple toppings & sauces (v)	Baked sweet & jacket potatoes with toppings (v) 50/50 pasta with simple toppings & sauces (v)	50/50 pasta with simple toppings & sauces (v)
DESSERT	Chocolate sponge & chocolate sauce	Carrot cake	Churros with optional sauces	Banana muffin	Rocky road bar
EVERYDAY	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings
HYDRATION	Still Water	Still Water	Still Water	Still Water	Still Water

