

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 02/01/23 23/01/23 20/02/23 13/03/23 03/04/23	Main	● Beef Cottage Pie	● Lamb Pasta Bolognese	● Roast BBQ Chicken Dinner	● Braised Chicken Sausages in Onion Gravy	● Fish of the Day & Chips
	Vegetarian	Mac & Cheese	Vegetarian Shepherds Pie (VG)	Vegetarian Sausages in a Yorkshire Pudding with Onion Gravy (VG)	Nasi-Goreng (Stir Fried Vegetable Rice) (No Egg) (VG)	Broccoli & Cauliflower Cheese with Sweet Potato Mash
	Carbs & Veg	Broccoli Mashed Carrot & Swede	Peas or Mixed Salad	Roast Potatoes Carrots & Sweetcorn	Mashed Potatoes Mixed Vegetables	Beans or Peas
	Option	Cheese & Ham or Cheese & Tomato Panini	Jerk Chicken Wrap with Salad	Macaroni Cheese	Spicy Chicken or Veggie Pasta in a Tomato Sauce	Southern Fried Chicken & Chips
	Dessert	Fruit Platter or Yoghurt	Apple & Peach Oatie Crumble	Yoghurt or Cheese & Crackers	Lemon Drizzle Slice	Ice Cream Trifle Cake
Week 2 09/01/23 30/01/23 27/02/23 20/03/23	Main	Italian Beef Meatballs with Pasta	● Moroccan Minced Lamb Tagine	● Roast Paprika Chicken Dinner	● Chicken & Vegetable Casserole	● Fish of the Day & Chips
	Vegetarian	Thai Mixed Vegetable Curry (VG)	Sweet Potato, Chickpea (VG) & Spinach Curry	Vegetarian Sausage in a Yorkshire Pudding	Spanish Vegetable Frittata With Potato & Cherry Tomatoes	Vegetable Singapore Rice Noodles (VG)
	Carbs & Veg	Rice, Mixed Salad	Rice & Mixed Salad	Roast Potatoes Carrots & Broccoli	Mixed Salad & Coleslaw	Beans or Peas
	Option	Halal Chicken Burrito Wrap	Cheesy Chicken Pasta or Vegetable Pasta Bake	Macaroni Cheese	Halal BBQ Chicken or Cheese & Tomato Panini	Southern Fried Chicken & Chips
	Dessert	Fruit Platter or Yoghurt	Apple Crumble	Yoghurt or Cheese & Crackers	Eve's Pudding (Apple Sponge)	Cheesecake
Week 3 16/01/23 06/02/23 06/03/23 27/03/23	Main	Braised BBQ Pork With Rice	● Beef, Onion & Vegetable Pie	● Mixed Herb Chicken Dinner	● Beef Lasagne	● Fish of the Day & Chips
	Vegetarian	Cheese, Tomato & Spinach Pinwheel with Potato Wedges	Asian Vegetable Noodle Stir Fry	Vegetarian Sausage (VG) Jambalaya	Roasted Vegetable Lasagne	Vegetarian Chilli Non Carne (VG)
	Carbs & Veg	Rice, Potato Wedges Mixed Salad	Mashed Potato, Broccoli	Roast Potatoes, Rice Cabbage & Carrots	Mixed Salad	Rice Beans or Peas
	Option	Cajun Chicken & Salad Wrap	BBQ Chicken Panini Vegan Roasted Vegetable Panini	Macaroni Cheese	Pizza	Southern Fried Chicken & Chips
	Dessert	Carrot Cake	Fruit Platter or Yoghurt	Yoghurt or Cheese & Crackers	Shortbread Biscuit	Pancakes with Fruit Compote

Fresh Fruit and Yoghurt are available every day. We use locally sourced ingredients when available and in season. All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards.

● Halal Suitable - **VEGAN (VG) Jacket Potato with Bean (VG)**