

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 05/09/22 26/09/22 17/10/22 14/11/22 05/12/22	Main	● Chicken Masala Curry	Italian Beef Meatballs with Spaghetti	● Roast BBQ Chicken Dinner	● Beef Lasagne	● Fish of the Day
	Vegetarian	Asian Noodle Stir Fry (VG)	Vegetarian Shepherds Pie (VG)	Vegetarian Sausage Jambalaya (VG)	Roasted Vegetable Lasagne	Vegetarian Chilli Non Carne (VG)
	Carbs & Veg	Rice & Mixed Salad	Peas or Mixed Salad	Roast Potatoes Cabbage & Carrots	New Potatoes or Mixed Salad	Rice, Chips Peas or Mixed Salad
	Option	Cheese & Ham or Cheese & Tomato Panini	Jerk Chicken Wrap with Salad	Macaroni Cheese	Pizza	
	Dessert	Fruit Platter or Yoghurt	Carrot Cake	Yoghurt or Cheese & Crackers	Marble Sponge	Pancakes with Fruit Compote
Week 2 12/09/22 03/10/22 31/10/22 21/11/22 12/12/22	Main	● Chicken Pasta Arrabiata	Braised BBQ Pork With Rice	● Roast Paprika Chicken Dinner	● Beef Chilli Con Carne	● Fish of the Day
	Vegetarian	Sweet Potato, Chickpea & Spinach Curry (VG)	Cheese, Tomato & Spinach Pinwheel with Potato Wedges	Jacket Potato with Cheese or Coleslaw	Nasi-Goreng (NO EGG) (Stir Fried Vegetable Rice) (VG)	Cheese & Tomato Flan
	Carbs & Veg	Rice & Mixed Salad	Potato Wedges Mixed Salad	Roast Potatoes Carrots & Broccoli	Rice or Croquette Potatoes Mixed Salad	Chips Peas, or Beans
	Option	Halal Chicken Burrito Wrap	Cheesy Chicken Pasta or Vegetable Pasta Bake	Macaroni Cheese	Halal BBQ Chicken or Cheese & Tomato Panini	
	Dessert	Fruit Platter or Yoghurt	Apple & Peach Oatie Crumble	Yoghurt or Cheese & Crackers	Eve's Pudding (Apple Sponge)	Cheesecake
Week 3 19/09/22 10/10/22 07/11/22 28/11/22	Main	Spanish Pork & Bean Casserole with Rice	● Lamb Spaghetti Bolognese	● Spicy Honey Roast Chicken Dinner	● Braised Chicken Sausages in Onion Gravy	● Fish of the Day
	Vegetarian	Mac & Cheese	Pasta with Grated Courgette & Nut Free Pesto	Vegetarian Sausages in a Yorkshire Pudding with Onion Gravy (VG)	Fusilli in a Creamy Red Lentil Pasta Sauce (VG)	Broccoli & Cauliflower Cheese with Sweet Potato Mash
	Carbs & Veg	Broccoli Mashed Carrot & Swede	Mixed Salad	Roast Potatoes Courgette Provençale & Peas	Mashed Potatoes Mixed Vegetables	Chips Peas or Beans
	Option	Fish Finger & Salad Wrap	Sweet Chilli Chicken Panini Vegan Roasted Vegetable Panini	Macaroni Cheese	Pasta Pots Halal Spicy Chicken or Veggie Pasta in a Tomato Sauce	
	Dessert	Fruit Platter or Yoghurt	Apple Crumble	Yoghurt or Cheese & Crackers	Lemon Drizzle Slice	Ice Cream Trifle Cake

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)**