



Wk 1: Main School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Roast Lamb shoulder with Red currant jelly and mint gravy Grilled Pork Sausage Chicken tomato and roasted vegetable bake Southern fried chicken fillets with sweet chilli sauce Seasonal Vegetable Soup with selection of wraps and baguettes	Pork meatballs in tomato sauce Chicken and Sweetcorn Chow Mein Minced beef and onion short crust pastry pie Piri Piri Chicken fillet, pitta and salad Seasonal Vegetable Soup with selection of wraps and baguettes	Roast Chicken fillet homemade sage and onion stuffing Sweet and sour chicken with prawn crackers Oven baked cod fillet fish fingers in a toasted brioche roll with tomato and lettuce BBQ pulled pork with spring onion, cucumber and pancake Seasonal Vegetable Soup with selection of wraps and baguettes	Mexican beef chilli nacho with sour cream salsa and grated cheese Chicken Balti mini poppadum raita Sticky sausage in a hot baguette Mac and cheese	Deep pan Margherita pizza Assorted hot panini Lemon and herb chicken Mixed grill gammon sausage mushroom grilled tomato Special Fried rice with chicken and peas
VEGETARIAN	Grilled Vegetable Sausage Roasted vegetable and lentil Ragu pasta bake	Quorn balls in tomato sauce Tofu and sweetcorn Chow Mein	Ginger mushroom and broccoli stir fry with hoisin sauce Spicy bean burger in a toasted brioche roll with tomato and lettuce	Sweet potato and spinach lentil dhal mini poppadum and raita Mexican Veggie chilli nachos sour cream salsa and grated cheese	Spiced Butternut squash and sweet potato Vegetable and cheese potato skins Quorn fried rice sweet chilli sauce
HALAL	Halal Grilled beef sausage	Halal Chicken Chow Mein	Broccoli and Fish Pie	Halal Chicken Balti mini poppadum raita	Halal Deep pan spicy beef and tomato pizza
VEGETABLES	Tri coloured pasta Steamed new potatoes Country Mixed Vegetables Baked Beans	Egg noodles Sautéed potato with garlic and fresh herbs Sweetheart cabbage Fresh diced carrots	Steamed brown rice Creamy mashed potato Cauliflower Fine Green beans	Boiled Basmati rice Seasonal potato wedges Sweetcorn Broccoli bake	Skins on fires Mushy peas Spaghetti hoops



Wk 2: Main School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<p>Honey roasted Gammon Joint</p> <p>Chicken Korma with Garlic and Coriander Naan</p> <p>Beef Bolognese and grated cheese</p> <p>BBQ Hunters Chicken</p> <p>Seasonal Vegetable Soup with selection of wraps and baguettes</p>	<p>Lamb Shepherd's Pie with cheesy mash</p> <p>Filled giant Yorkshire pudding filled with pork sausage and baked beans</p> <p>Tandoori chicken on a bed of coconut rice</p> <p>Stir fry beef fillet with Thai sweet chilli sauce</p> <p>Seasonal Vegetable Soup with selection of wraps and baguettes</p>	<p>Roast sirloin beef mini Yorkshire pudding and horseradish sauce</p> <p>Chicken and root vegetable casserole</p> <p>Enchiladas with Chicken and pepper</p> <p>Beef Lasagne with garlic bread</p> <p>Seasonal Vegetable Soup with selection of wraps and baguettes</p>	<p>Roast chicken in a shortcrust pie</p> <p>Cajun pork loin steaks with pineapple salsa</p> <p>Breaded chicken fillet with sticky rice and Katsu curry sauce</p> <p>Steamed salmon fillet pasts shells and a creamy broccoli sauce</p>	<p>Thin crust stone baked assorted pizzas</p> <p>Fajita Chicken hot wrap</p> <p>Oven baked crumbed haddock fillet with lemon</p> <p>Asian style sticky chicken kebab</p> <p>Beef steak burger breaded onion rings, cheese slice and salad in a sesame seed bap</p>
VEGETARIAN	<p>Vegetable Biryani curry sauce and garlic and coriander naan</p> <p>Caramelised Onion and Tarragon Tart</p>	<p>Red Lentil and vegetable Shepherd's Pie with cheesy mash</p> <p>Halloumi and roasted vegetable skewers</p>	<p>Roasted vegetable spinach and chick pea lasagne</p> <p>Roasted Quorn and root vegetable casserole</p> <p>Sweet Potato cheese whirl</p>	<p>Vegetarian Chicken style fillet with sticky rice and katsu curry sauce</p> <p>Lentil and chick pea tagine with lemon couscous</p> <p>Creamy vegetable and pasta baked with melted cheese</p>	<p>Jumbo vegetable spring roll with sweet and sour sauce</p> <p>Breaded vegetable Quarter Pounder Burger in a floured bap</p> <p>Stuffed red pepper with spiced paneer and peas</p>
HALAL	<p>Halal Beef Bolognese and grated cheese</p>	<p>Halal Hoisin Chicken and vegetable stir fry steamed rice</p>	<p>Halal Grilled Sausage Onion Gravy with Yorkshire Pudding</p>	<p>Halal Roast Chicken in a puff pastry pie</p>	<p>Halal oven baked Cod Fish Burger with salad and sesame seed bap</p>
VEGETABLES	<p>Penne pasta</p> <p>Baby New potatoes and parsley butter</p> <p>Steamed mixed vegetable</p> <p>Baby corn on the cob</p>	<p>Dauphinoise potatoes</p> <p>Diced herby potatoes</p> <p>Sautéed leek and courgettes</p> <p>Honey roasted parsnips</p>	<p>Oven baked roasted potatoes</p> <p>Sweet potato mash</p> <p>Baby carrot, cauliflower and broccoli mix</p> <p>Baked Beans</p>	<p>Steamed white and wild rice</p> <p>Potato croquettes</p> <p>Sweetcorn</p> <p>Roasted Mediterranean vegetables</p>	<p>Chunky chips</p> <p>Garden Peas</p> <p>Plum Tomato</p> <p>Chop shop curry sauce</p>



Wk 3: Main School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<p>Roast pork shoulder, sage and onion stuffing, apple sauce and crackling</p> <p>Chicken and bacon carbonara</p> <p>Salmon lemon and spring onion oven baked fish cake</p> <p>Grilled pork and leek sausage in onion gravy</p> <p>Seasonal Vegetable Soup with selection of wraps and baguettes</p>	<p>Lamb Pasta bake</p> <p>Garlic and herb chicken strips in panko crumb</p> <p>American jumbo Frankfurt sausage in a brioche roll with crispy onion rings</p> <p>Braised steak and mushroom filo pastry pie</p> <p>Seasonal Vegetable Soup with selection of wraps and baguettes</p>	<p>Roast chicken fillet with stuffing balls</p> <p>Swedish Pork meatballs in a Ragu sauce</p> <p>Fillet of fish burger in a seeded bap with salad</p> <p>Singapore shredded chicken with egg noodles</p> <p>Seasonal Vegetable Soup with selection of wraps and baguettes</p>	<p>Mexican beef chilli nachos with salsa sour cream and grated cheese</p> <p>Lamb Rogan josh with coriander rice, mini tear drop naan</p> <p>Mach and cheese</p> <p>Marinated chicken tikka red onion and pepper with flat bread and yogurt and mint sauce</p>	<p>Wholemeal tomato pizza</p> <p>All day breakfast, bacon, sausage, mushrooms, grilled tomato, fried egg and hash brown</p> <p>Blackened Cajun chicken with cool salsa and melted cheese</p> <p>Ham and pineapple panini</p>
VEGETARIAN	<p>Roasted cherry tomato and basil quiche</p> <p>Lentil Ragu</p> <p>Veggie sausage in onion gravy</p>	<p>Spiced Bombay potato chick pea and spinach filo pastry pie</p> <p>Asparagus peas and mint risotto</p> <p>Cheese toasties</p>	<p>Swedish style Quorn balls in a Ragu tomato sauce</p> <p>Pizza Style wraps</p> <p>Vegetarian Indian combo yogurt and mango chutney</p>	<p>Mushroom Stroganoff</p> <p>Falafel balls roasted veg and flat bread</p> <p>Mexican mixed bean chilli and boiled rice</p>	<p>Sweet Chilli tofu fried rice</p> <p>Stuffed beef tomato with rice and grilled halloumi</p> <p>Vegetable and spinach wholemeal pizza</p>
HALAL	<p>Halal Chicken and sweetcorn carbonara</p>	<p>Halal Minted Lamb vegetable and potato hot pot</p>	<p>Halal beef burger with cheese slice and pickle in a floured bap</p>	<p>Halal BBQ Chicken Melt</p>	<p>Halal Tuna and sweetcorn panini</p>
VEGETABLES	<p>Wholemeal penne pasta</p> <p>Sweet Potato mash</p> <p>Minted new potatoes</p> <p>Carrot Baton</p> <p>Sliced Green Beans</p>	<p>Lyonnaise Potatoes</p> <p>Jacket Potato Skins</p> <p>Broccoli Gratin]</p> <p>Stir Fry Vegetables</p>	<p>Spaghetti pasta</p> <p>Pureed potato</p> <p>Garlic and herb roasted vegetables</p> <p>Braised Green cabbage and chunky carrot</p>	<p>Saute potato</p> <p>Sweetcorn</p> <p>Ratatouille</p> <p>Honey Roasted parsnips</p>	<p>Sweet potato fries</p> <p>Skin on French fries</p> <p>Mushy peas</p> <p>Baked beans</p> <p>Petit pois</p>



Wk 4: Main School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<p>Honey roasted gammon joint</p> <p>Katsu curry with breaded chicken and sticky rice</p> <p>Lamb Bolognese</p> <p>Grilled pork and leek sausage, with sweet onion gravy</p> <p>Seasonal Vegetable Soup with selection of wraps and baguettes</p>	<p>Beef and carrot pie with sweet potato mash</p> <p>Giant filled Yorkshire pudding with pork sausage and baked beans</p> <p>Fajita chicken roasted pepper pasta bake</p> <p>Stir fried beef and broccoli with Chinese style black bean sauce</p> <p>Seasonal Vegetable Soup with selection of wraps and baguettes</p>	<p>Roasted crown of turkey, homemade sage and onion stuffing and cranberry sauce</p> <p>Mexican Beef burrito with fresh tomato salsa</p> <p>Chicken fillet with a leek, bacon and wholegrain mustard sauce</p> <p>Beef Lasagne with spinach pasta sheets</p> <p>Seasonal Vegetable Soup with selection of wraps and baguettes</p>	<p>Chicken breast chunks in a Chinese style mild curry sauce with egg fried rice</p> <p>Mince lamb kofta flat bread mixed salad and yogurt and mint dressing</p> <p>Tuna sweetcorn and pasta with a crunchy cheesy topping</p> <p>Roast chicken in a short crust pastry pie</p>	<p>Spanish style chicken on a bed of tomato rice</p> <p>Assorted French bread pizza</p> <p>Homemade puff pastry Lamb Cornish pastry</p> <p>Oven baked cod fillet with tartare sauce and lemon wedge</p> <p>Spiced chicken, onion and pepper wrap with salsa and cheese</p>
VEGETARIAN	<p>Katsu curry with sweet potato, aubergine and sticky rice</p> <p>Lentil Bolognese</p> <p>Grilled Quorn sausage with sweet onion gravy</p>	<p>Quorn and carrot cottage pie with sweet potato mash</p> <p>Fajita Style Chick pea roasted vegetables pasta bake</p> <p>Goats cheese en crouete on a bed of Roasted Vegetables</p>	<p>Cauliflower paneer and pea curry</p> <p>Mexican Vegetable rice and bean burritos with fresh tomato salsa</p> <p>Spinach and ricotta filo pastry parcels</p>	<p>Cheese and potato whirls</p> <p>Mixed bean stew with parsley and cheese mash</p> <p>Winter vegetable short crust pastry pie</p> <p>Mushroom and tomato pancakes</p>	<p>Aubergine, tomato and sweet potato bake</p> <p>Mac and cheese bites</p> <p>Cheese and tomato French bread pizza</p>
HALAL	<p>Halal Lamb and tomato savoury mince with tri coloured pasta and grated cheese</p>	<p>Halal Fajita style chicken in a hot wrap with tomato salsa</p>	<p>Halal Beef Lasagne with spinach pasta and cheese sauce</p>	<p>Tuna roasted pepper crunch pasta bake</p>	<p>Halal Cheese and tomato pizza</p>
VEGETABLES	<p>Penne pasta</p> <p>Sweet potato mash</p> <p>Croquette potato</p> <p>Peas and sweetcorn</p> <p>Sliced green beans</p>	<p>Saute potato</p> <p>Egg Noodles</p> <p>Carrot and swede mash</p> <p>Broccoli</p>	<p>Creamy mashed potato</p> <p>Cauliflower florets</p> <p>Baby Carrots</p> <p>Roasted parsnips</p>	<p>Steamed rice</p> <p>Sliced potato with onion and mushrooms</p> <p>Braised sweetheart cabbage</p> <p>Sweetcorn</p>	<p>Chunky chips</p> <p>Plum tomatoes</p> <p>Baked beans</p> <p>Minted Peas</p>

