

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1 £1.70	Chicken & Broccoli Pasta Bake	Lamb Hotpot	Roast Pork with Sage and Onion Stuffing	Chicken Tikka Masala served with Onion Bhaji and Naan	Battered Fish Fillet
Main Meal Option 2 £1.70	Spicy Beef Burrito	Chicken Fillet	Salmon Fingers	Pork with Teriyaki Noodles	Ham or Cheese Pizza Slab
Vegetarian Dish Main £1.70	Cheese and Tomato Homemade Pizza	Quorn Nuggets with Salad	Macaroni Cheese	Quorn Ball Pasta Bake	Spicy Bean Burger
Starch Item (included with meal)	Cous Cous Salad	Potato Wedges	Roast Potato	Wholemeal Rice	Chips
Vegetable Option (included with Meal)	Sweetcorn & Carrots	Green Beans and Cauliflower Cheese	Carrots and Broccoli	Mixed Vegetables	Peas and Sweetcorn
Dessert Option 1 75p	Cocoa Sponge & Custard	Pancakes with Ice cream and Mixed Berries	Warm Lemon Drizzle Cake	Blackberry & Apple Crumble with Custard	Frozen Yogurt
Desert Option 2 75p	Strawberry Cheesecake	Raspberry Custard Fool	Toffee Cheesecake	Chocolate or Strawberry Delight	Frozen Yogurt
Pasta and Jacket Potato £1.70	Meat and Vegetarian sauce option	Meat and Vegetarian sauce option	Meat and Vegetarian sauce option	Meat and Vegetarian sauce option	Meat and Vegetarian sauce option
Morning Hot Bites	Assorted Panini's, Wraps, Bagels, Toasties.	Assorted Panini's, Wraps, Bagels, Toasties.	Assorted Panini's, Wraps, Bagels, Toasties.	Assorted Panini's, Wraps, Bagels, Toasties.	Assorted Panini's, Wraps, Bagels, Toasties.

Served across the Day

Sandwiches, Baguettes, Rolls, Mini Rolls, Bagels and Wraps. Variety of Fruit. Salads and Yogurts.

Water and Assorted cold drinks. (Water is also available from a drinking station during Break times).

Please speak to the Canteen Manager if you have any dietary needs. We operate a pre order service for Gluten free rolls,

Cakes and Pizza Bases etc.

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1 £1.70	Chicken and Mushroom Pie	Shepherd's Pie	Roast Beef and Yorkshire Pudding	Chinese Chicken in a Vegetable Stir Fry	Battered Fish
Main Meal Option 2 £1.70	Beef Lasagne	Meatballs in Passata Sauce	Salmon Nuggets	Sweet and Sour Pork	Sausages
Vegetarian Dish Main £1.70	Cheese and Tomato Homemade Pizza	Quorn Nuggets with Salad and Potato Wedges	Macaroni Cheese	Quorn Ball Pasta Bake	Spicy Bean Burger
Starch Item (included with meal)	New Potatoes	Wholemeal Pasta	Crispy Roast Potatoes	Noodles	Chips
Vegetable Option (included with Meal)	Broccoli and Sweetcorn	Mixed Vegetables	Cauliflower and Green Beans	Carrots and Sweetcorn	Peas and Beans
Dessert Option 1 75p	Warm Cookie	Toffee Tart	Jam Sponge and Custard	Pineapple Upside down Pudding with Custard	Rice Pudding
Desert Option 2 75p	Strawberry Cheesecake	Raspberry Custard Fool	Toffee Cheesecake	Chocolate or Strawberry Delight	Frozen Yogurt
Pasta and Jacket Potato £1.70	Meat and Vegetarian sauce option	Meat and Vegetarian sauce option	Meat and Vegetarian sauce option	Meat and Vegetarian sauce option	Meat and Vegetarian sauce option
Morning Hot Bites	Assorted Panini's , Wraps, Bagels, Toasties.	Assorted Panini's , Wraps, Bagels, Toasties.	Assorted Panini's , Wraps, Bagels, Toasties.	Assorted Panini's , Wraps, Bagels, Toasties.	Assorted Panini's , Wraps, Bagels, Toasties.

Served across the Day

Sandwiches, Baguettes, Rolls, Mini Rolls, Bagels and Wraps. Variety of Fruit. Salads and Yogurts.

Water and Assorted cold drinks. (Water is also available from a drinking station through Break times).

Please speak to the Canteen Manager if you have any dietary needs. We operate a pre order service for Gluten free rolls, Cakes and Pizza Bases etc.

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1 £1.70	Chicken Korma Served with Naan	Chilli Con Carne served with warm Tortilla's	Roasted Gammon	Beef Bolognese	Battered Fish and Tartare Sauce
Main Meal Option 2 £1.70	Fish Pie topped with Cheddar Mash	Cumberland Sausages and Onion Gravy	Beef in Black Bean sauce	Lamb Casserole with Dumplings	Chicken and Sweetcorn Pizza
Vegetarian Dish Main £1.70	Cheese and Tomato Homemade Pizza	Quorn Nuggets with Salad	Macaroni Cheese	Quorn Ball Pasta Bake	Spicy Bean Burger
Starch Item (included with meal)	Brown Savoury Rice	Cheddar Mashed Potato/White Rice	Roast Potato or Rice	Spaghetti/ Mash Potato	Chips
Vegetable Option (included with Meal)	Carrots and Peas	Mixed Vegetables	Carrots and Broccoli	Green Beans and Sweetcorn	Peas and Baked Beans
Dessert Option 1 75p	Goopy Chocolate Pudding and Sauce	Sticky Toffee Pudding and Warm Toffee Sauce	Warm Dried Fruit Flapjack	Apple Crumble and Custard	Frozen Yogurt/ Ice Cream
Desert Option 2 75p	Strawberry Cheesecake	Raspberry Custard Fool	Toffee Cheesecake	Chocolate or Strawberry Delight	Frozen Yogurt
Pasta and Jacket Potato £1.70	Meat and Vegetarian sauce option	Meat and Vegetarian sauce option	Meat and Vegetarian sauce option	Meat and Vegetarian sauce option	Meat and Vegetarian sauce option

Served across the Day

Sandwiches, Baguettes, Rolls, Mini Rolls, Bagels and Wraps. Variety of Fruit. Salads and Yogurts.

Water and Assorted cold drinks. (Water is also available from a drinking station during Break times).

Please speak to the Canteen Manager if you have any dietary needs. We operate a pre order service for Gluten free rolls,

Cakes and Pizza Bases etc.