

LUNCH WK1

w/c 21st Sept

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Tater Tots & Bacon	Freshly made Pancakes with Honey	Oaty Porridge with Mixed Berries	Sausage Roll	Scrambled Egg & Baked Beans
MORNING BREAK	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Sweet Chilli Chicken Bite Sized Chicken with a Sweet & Spicy Sauce	Lincolnshire Pork Sausage Platt	Beef Lasagne with Garden Salad	Butter Chicken Curry, Mini Naan, Mango Chutney & Raita	Pepperoni Pizza Margaretta Pizza
	Bang Bang Cauliflower Crunchy Cauliflower with Mild Sweet Chilli Sauce	Caramelised Onion Sausage Roll	Butternut Squash & Spinach Lasagne with Garden Salad	Sweet Potato, Chickpea & Spinach Curry Mini Naan, Mango Chutney & Raita	Creamy Fish Pie
SIMPLE OPTION	Jacket Potato, Beans & Cheese	Wholemeal Pasta & Tomato Sauce	Jacket Potato, Beans & Cheese	Teriyaki Noodles	Wholemeal Pasta & Tomato Sauce
SIDES	Rice Peas Roasted Butternut Squash	Mash Potato Roasted Carrots Sauté Spinach	Garlic Bread Broccoli Baked Aubergine	Braised Rice Masala Cauliflower Green Beans	French Fries Baked Beans Sweetcorn
DESSERT	Fresh Fruit Yoghurt	Berry Sponge & Custard	Fresh Fruit Platter Yoghurt Jelly	Fresh Fruit Yoghurt	Chocolate Brownie
LITTLE TEA	 Sticky Date Flapjack	Fresh Fruit	Vegetable Crudités, Pitta Bread & Hummus	Vanilla Cookie	Cheddar Cheese & Biscuits

LUNCH WK2

w/c 28th Sept

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Freshly Made Pancakes with Blueberry Compote	Bacon Baguette	Oaty Porridge with Honey	Tater Tots & Sausage Pattie	Low Sugar Banana Muffin
MORNING BREAK	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Pork Tacos, Salsa, Guacamole & Sour Cream	Beef Meatballs, Tomato Sauce & Spaghetti	<u>Jacket Potato Bar</u> Beef Chilli Tuna Mayo Baked Beans Cheese Coleslaw	Chicken & Sweetcorn Pie with Puff Pastry Topping & Gravy	Breaded Pollock, Tartare Sauce & Lemon Wedge
	Quorn Chilli & Mixed Beans Taco, Salsa, Guacamole & Sour Cream	Spaghetti alla Puttanesca A Rich Tomato sauce with Mediterranean Flavours		Spinach & Feta Quiche	Bubble & Squeak with Fried Egg
SIMPLE OPTION	Wholemeal Pasta & Tomato Sauce	Jacket Potato, Baked Beans & Cheese	Stir Fry Vegetable Noodles	Pesto Pasta	Wholemeal Pasta & Tomato Sauce
SIDES	Rice Cajun Peppers Green Beans	Peas Roasted Aubergine	Broccoli Sweetcorn	Roasted New Potatoes Honey Roasted Carrots Sauté Cabbage	French Fries Baked Beans Mushy Peas
DESSERT	Orange Drizzle Pudding, Orange Syrup	Fresh Fruit Yoghurt	Fresh Fruit Platter Yoghurt Jelly	Rocky Road	Fresh Fruit Yoghurt
LITTLE TEA	Fresh Fruit	 Granola Flapjack Bar	Vegetable Crudités, Flatbread & Hummus	Fresh Fruit	 Shortbread Biscuit

LUNCH WK3

w/c 5th October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cheese on Toast	Low Sugar Blueberry Muffin	Tater Tots & Baked Beans	Oaty Porridge & Honey	Sausage Pattie & Scrambled Egg
MORNING BREAK	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Chicken Gyros, Flatbread, Tzatziki, Onions & Tomatoes	Roast Pork, Stuffing, Apple Sauce & Gravy	<u>Pasta Bar</u> Creamy Chicken Beef Bolognese Tomato Sauce	Beef with Fried Noodles & Prawn Crackers	Breaded Chicken Fillets with Mango Salsa in Tortilla Wrap
	Vegetable Gyros, Flatbread, Tzatziki, Onions & Tomatoes	Chargrilled Halloumi & Roasted Vegetable Stack		Stir Fry Tofu & Black Bean Sauce with Noodles	Tomato & Mushroom Gnocchi
SIMPLE OPTION	Mac 'n' Cheese	Pesto Pasta	Jacket Potato, Beans & Cheese	Wholemeal Pasta & Tomato Sauce	Cheese Pasta
SIDES	Garlic & Herb Potatoes Green Beans Roasted Peppers	Roasted Potatoes Broccoli Honey Roasted Parsnips	Garlic & Rosemary Focaccia Carrots Sweetcorn	Chinese Leaf Peas	French Fries Baked Beans Sweetcorn
DESSERT	Fresh Fruit Yoghurt	Pear & Raspberry Crumble & Custard	Fresh Fruit Platter Yoghurt Jelly	Sticky Toffee Pudding & Cream	Fresh Fruit Yoghurt
LITTLE TEA	School Sponge	Fresh Fruit	Vegetable Crudités, Pitta Bread, Hummus	Fresh Fruit	 Triple Chocolate Chewy Cookie