

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	ALLERGY FRIENDLY MENU Lemon. Garlic & Herb Roasted Chicken & Gravy Harvest Roast Vegetable Loaf & 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			Stir Fry Tofu & Black Bean Sauce with Noodles	Tomato & Mushroom Gnocchi
SIMPLE OPTION	Mac 'n' Cheese	Rice Noodles & Sweet Chilli Sauce	Jacket Potato, Beans & Cheese	Wholemeal Pasta & Tomato Sauce	Cheese Pasta
SIDES	Garlic & Herb Potatoes Green Beans Roasted Peppers	Roasted Potatoes Broccoli Honey Roasted Carrots	Garlic & Rosemary Focaccia Carrots Sweetcorn	Chinese Leaf Peas	French Fries Baked Beans Sweetcorn
DESSERT	Fresh Fruit Yoghurt	Coconut Rice Pudding	Fresh Fruit Platter Yoghurt Jelly	Sticky Toffee Pudding & Cream	Fresh Fruit Yoghurt
LITTLE TEA	School Sponge	ALLERGY FRIENDLY Chocolate Cake	Vegetable Crudités, Pitta Bread, Hummus	Fresh Fruit	 Triple Chocolate Chewy Cookie

LUNCH WK1

w/c 12th Oct

	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