

WEEK 1 – 4th September, 25th September, 16th October 2023



"The Art of Food"

Monday	Tuesday	Wednesday	Thursday	Friday
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The Main Plate (Vegetarian)	<i>Favourites Day</i> Quorn Hot Dog Served with Fried Onions (v)	Lentil & Fresh Carrot Loaf (ve) 	Vegetable Crumble (v) 	Caribbean Flavoured Rice (ve) 	<i>Planet Day</i> Fish Fingers (v)
The Main Plate	Hot Dog Served with Fried Onions	Meatballs in a Tomato & Pepper Sauce	Lightly Spiced Turkey Wrap Bake	Roasted Chicken with Sage & Onion Stuffing & Gravy	Crispy Cheese & Baked Bean Wrap (v)
Jacket Potato	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings
Packed Lunch	Ham Sandwich with Fresh Salad Pot	Cheese Salad Wrap (v)	Egg Mayonnaise Sandwich (v)	Tuna Mayonnaise Roll	Turkey Salad Wrap
Daily Vegetable Selection	Oven Baked Wedges Corn on the Cob (ve) 	Pasta Mixed Veg' Mixed Salad (ve) 	New Potatoes Roasted Veg' Mixed Salad (ve) 	Roast Potatoes Carrots Broccoli (ve) 	Chips Peas Baked Beans (ve) 
The Sweet Plate	Fudge Tart and Chocolate Sauce or Fresh Fruit 	Sugar Cookies or Fresh Fruit 	Chocolate Banana Muffin or Fresh Fruit 	Pancake with Sauce or Fresh Fruit 	Iced Cupcakes or Fresh Fruit 



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The Main Plate (Vegetarian)	Favourites Day Cheese & Tomato Pizza on French Bread (v)	Roasted Cauliflower and Chickpea Curry Served with Rice (ve)	Pasta with Homemade Sauce and Bread (ve)	Quorn Cottage Pie (ve)	Planet Day Cheese and Egg Slice (v)
The Main Plate	Ham Pizza on French Bread	Homemade Breaded Popcorn Chicken	Minced Beef and Vegetable Pie with Gravy	Roast Pork with Apple Sauce & Stuffing	Lightly Battered Fish Served with Chips (v)
Jacket Potato	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings
Packed Lunch	Cheese Sandwich	Ham Salad Wrap	Tuna Roll	Turkey Salad Wrap	Egg Mayonnaise Sandwich (v)
Daily Vegetable Selection	New Potatoes Baked Beans (ve)	Herby Diced Potatoes Mixed Sweetcorn Peas (ve)	Mashed Potatoes Green Beans (ve)	Roast Potatoes Medley of Fresh Vegetables	Chips Peas Baked Beans (ve)
The Sweet Plate	Chocolate Sponge and Custard or Fresh Fruit	Jelly or Fresh Fruit	Lemon Iced Shortbread or Fresh Fruit	Banana and Ginger Cake and Custard or Fresh Fruit	Sultana Flapjack or Fresh Fruit

We fully support health eating
Dairy alternative is available on request








🌍 = Planet friendly option

WEEK 3 – 18th September, 9th October 2023



"The Art of Food"

Monday	Tuesday	Wednesday	Thursday	Friday
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The Main Plate (Vegetarian)	<i>Favourites Day</i> Sweet Chilli Quorn Served with Rice (v)	Herby Spaghetti Served with Warm Homemade Bread (ve) 	Baked Bean Lasagne with Homemade Bread (v)	Tomato and Vegetable Soup with a Fresh Baked Roll (v)	<i>Planet Day</i> Tomato and Vegetable Risotto (ve) 
The Main Plate	Cheese & Tomato Pizza (v)	Homemade Pork and Apple Burgers Served in a Bun	Beef Bolognese and Pasta	Roast Chicken Dinner Served with a Yorkshire Pudding	Oven Baked Fish Fillet (v)
Jacket Potato	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings
Packed Lunch	Cheese Sandwich (v)	Tuna Mayonnaise Wrap (v)	Ham Roll with Fresh Salad Pot	Turkey Salad Wrap	Egg Sandwich (v)
Daily Vegetable Selection	Mixed Salad Sweetcorn (ve) 	Sautéed Potatoes Baked Beans (ve) 	Peas Sweetcorn (ve) 	Roast Potatoes Broccoli Carrots (ve) 	Chips Peas Baked Beans (ve) 
The Sweet Plate	Cornflake and Apricot Cookie or Fresh Fruit 	Jaffa Sponge or Fresh Fruit 	Fruit Crumble and Custard or Fresh Fruit 	Lemon Crunch Pie and Custard or Fresh Fruit 	Jammie Pinwheel or Fresh Fruit 

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