

MONDAY

MAIN MEAL	Sausage (G,SU) & Mash with Onion Gravy
VEGGIE MEAL	Tex Mex Vegetarian Sausage Hot Pot (G,E,MK) ✓
JACKET/PASTA	Pasta (G) with Cheese Sauce (G,MK) ✓
SIDES	Sweetcorn & Peas ✓
DESSERT	Vanilla Ice Cream (MK) with Fruit Compote ✓

TUESDAY

MAIN MEAL	Sweet & Sour Chicken (G,C) with Steamed Rice
VEGAN MEAL	Sweet & Sour Vegetables (G,C) with Steamed Rice ✓
JACKET/PASTA	Jacket Potato with Baked Beans ✓
SIDES	Cauliflower & Green Beans ✓
DESSERT	Fruit Burst Jelly ✓

WEDNESDAY

MAIN MEAL	Honey Roast Gammon with Roast Potatoes & Gravy
VEGAN MEAL	BBQ Roast Sweet Potato & Bean Loaf (g) with Roast Potatoes & Gravy ✓
JACKET/PASTA	Wholegrain Pasta (G) with Tomato Sauce (C) ✓
SIDES	Seasonal Greens & Carrots ✓
DESSERT	Apple & Oaty Topped Crumble (G) ✓ with Custard (MK) ✓

THURSDAY

MAIN MEAL	Beef Bolognese (C) with Spaghetti (G)
VEGAN MEAL	Vegan Bolognese (SO,g) with Spaghetti (G) ✓
JACKET/PASTA	Jacket Potato with Cheese (MK) ✓
SIDES	Broccoli & Sweetcorn ✓
DESSERT	Chocolate & Beetroot Brownie (G,E) ✓

FRIDAY

MAIN MEAL	Fish Fingers (G,F) with Chips
VEGAN MEAL	Vegetable Burrito Wrap (G,SO) ✓
JACKET/PASTA	Pasta (G) with Tomato Sauce (C) ✓
SIDES	Peas & Baked Beans ✓
DESSERT	Maryland Cookie (G,mk) ✓

Allergen Key - CAPITAL LETTERS = contains, lower case = may contain
Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Nuts (N), Peanuts (P), Sesame

JACKET & PASTA BAR AVAILABLE DAILY

Week 1:

29th August, 19th September, 10th October, 31st October, 21st November, 12th December,
2nd January, 23rd January, 13th February

Also Available Daily
Homemade Fruit Yoghurt (MK,SO) ✓, Fruit Platter ✓
Garlic & Herb Bread (G,SO,MK,e) ✓
Wholemeal Bread (G,SO,MK,e) ✓

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HONESTLY GOOD FOOD

MONDAY

MAIN MEAL	BBQ Chicken Pizza (G,MK)
VEGGIE MEAL	Margherita Pizza (G,MK) V
JACKET/PASTA	Jacket Potato with Tuna Mayonnaise (F,E)
SIDES	Sweetcorn Ve & Coleslaw (E) V
DESSERT	Chocolate & Courgette Sponge (G,E) with Chocolate Sauce (MK) V

TUESDAY

MAIN MEAL	Mild Chicken & Vegetable Curry (MU) with Steamed Rice
VEGAN MEAL	Squash & Spinach Pattie with Jollof Rice (g) Ve
JACKET/PASTA	Wholegrain Pasta (G) with Tomato Sauce (C) Ve
SIDES	Cauliflower & Peas Ve
DESSERT	Oat and Cherry Cookie (G,SU) Ve

WEDNESDAY

MAIN MEAL	Roast Chicken with Roast Potatoes & Gravy
VEGGIE MEAL	Cauliflower & Cheese Bake (G,MK) with Roast Potatoes & Gravy V
JACKET/PASTA	Pasta (G) with Cheese Sauce (G,MK) V
SIDES	Seasonal Greens & Carrots Ve
DESSERT	Banana Flapjack (G) Ve

THURSDAY

MAIN MEAL	Beef Burger in a Bun (G,se)
VEGAN MEAL	Vegan Chilli Con Carne (SO,C,g) with Rice Ve
JACKET/PASTA	Jacket Potato with Baked Beans Ve
SIDES	Broccoli & Sweetcorn Ve
DESSERT	Apple & Parsnip Sponge (G,E) V

FRIDAY

MAIN MEAL	Battered Fish (G,F) with Chips
VEGAN MEAL	Vegetable Goujon with Chips Ve
JACKET/PASTA	Pasta (G) with Roasted Tomato Sauce Ve
SIDES	Peas & Baked Beans Ve
DESSERT	Vanilla Ice Cream (MK) with Peach Compote V

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JACKET & PASTA BAR AVAILABLE DAILY

Week 2:

5th September, 26th September, 17th October, 7th November, 28th November,
19th December, 9th January, 30th January, 20th February

Also Available Daily

Homemade Fruit Yoghurt (MK,SO) **V**, Fruit Platter **Ve**

Carrot & Thyme Bread (G,SO,MK,e) **V**

Wholemeal Bread (G,SO,MK,e) **V**

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HONESTLY GOOD FOOD

MONDAY

MAIN MEAL	Cottage Pie topped with Sliced Sweet Potato (SU)
VEGGIE MEAL	Macaroni & Cheese (G,MK) V
JACKET/PASTA	Jacket Potato with Baked Beans Ve
SIDES	Peas & Carrots Ve
DESSERT	Sticky Banana Bread (G,SO,MK,e) V

TUESDAY

MAIN MEAL	Turkey & Vegetable Pie Topped with Puff Pastry (G,MK)
VEGAN MEAL	Spicy Vegetable Jambalaya (g) Ve
JACKET/PASTA	Jacket Potato with Salmon Mayonnaise (F,E)
SIDES	Cauliflower & Broccoli Ve
DESSERT	Vanilla Shortbread (G) Ve

WEDNESDAY

MAIN MEAL	Thyme Roast Chicken with Roast Potatoes & Gravy
VEGAN MEAL	Roasted Ratatouille with Crumble (G) Ve
JACKET/PASTA	Wholegrain Pasta (G) with Cheese Sauce (G,MK) V
SIDES	Seasonal Greens & Mashed Swede Ve
DESSERT	Mandarin Jelly Ve

THURSDAY

MAIN MEAL	Beef Lasagne (G,MK,e)
VEGGIE MEAL	Vegetable Lasagne (G,MK,e) V
JACKET/PASTA	Jacket Potato with Baked Beans Ve
SIDES	Sweetcorn Ve & Coleslaw (E) V
DESSERT	Coconut & Orange Cookie (G,SU,mk) V

FRIDAY

MAIN MEAL	Fish Fingers (G,F) with Chips
VEGGIE MEAL	BBQ Vegetable Quesadillas (G,MK) V
JACKET/PASTA	Pasta (G) with Tomato Sauce (C) Ve
SIDES	Peas & Baked Beans Ve
DESSERT	Chocolate Mousse (MK) V

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JACKET & PASTA BAR AVAILABLE DAILY

Week 3:

12th September, 3rd October, 24th October, 14th November, 5th December
26th December, 16th January, 6th February, 27th February

Also Available Daily
Homemade Fruit Yoghurt (MK,SO) V, Fruit Platter Ve
Tomato & Herb Bread (G,SO,MK,e) V
Wholemeal Bread (G,SO,MK,e) V

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HONESTLY GOOD FOOD