





















NAME

TABLE

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Bolognese served with penne pasta and garlic bread  	Chicken Enchilada  Chicken cooked in a tomato sauce, wrapped in tortilla wrap and topped with melted cheese. Served with rice  	Roast Chicken dinner, Yorkshire Pudding, sage stuffing, broccoli, potato, carrots and roast gravy  	Local sausage served with mashed potato, garden pea and onion gravy  	Homemade Turkey burger served with crispy bacon, leaves, tomato, cheese and hand cut chips  
VEGETARIAN	Quorn bolognese served with penne pasta and garlic bread  	Vegetable Enchilada Mixed vegetables cooked in a tomato sauce, wrapped in tortilla wrap and topped with melted cheese. Served with rice  	Roasted Aubergine and courgette topped with a rich tomato and garlic sauce served with fresh vegetables  	Quorn Cumberland sausage served with mashed potato, garden pea and onion gravy  	Pasta Arrabiatta served with homemade garlic bread  
SANDWICH/SALAD BAR					
DESSERT	Mixed Fruit  Yoghurt	Oat and golden syrup biscuit  Apple Orange Banana	Orange cupcake  Apple Orange Banana	Strawberry Angel Delight  Apple Orange Banana	White chocolate cheesecake  Apple Orange Banana











NAME

TABLE

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	<p>Penne pasta cooked in a lightly spiced, rich tomato sauce served with Cajun chicken</p> 	<p>Hunter s chicken</p> <p>Chicken topped with bacon and cheese served with roasted potato, green beans, carrot and BBQ sauce</p> 	<p>Roast Pork Dinner, Yorkshire puddings, broccoli, potato, carrots roast gravy and cinnamon scented apples</p> 	<p>Chicken Korma served with rice and garlic naan bread</p> 	<p>Homemade sausage roll, served with hand cut chips and baked beans</p> 
VEGETARIAN	<p>Penne pasta cooked in a lightly spiced, rich tomato sauce served with Cajun salmon</p> 	<p>Roasted vegetable kebab served with vegetables, potato and garlic mayo</p> 	<p>Fennel, tomato and red pepper Paella</p> 	<p>Quorn sausage and chick pea casserole served with rice</p> 	<p>Red onion, mushroom and cheese omelette served with dressed side salad and chips</p> 
SANDWICH/SALAD BAR					
DESSERT	<p>Mixed Fruit</p> <p>Yoghurt</p>	<p>Duo of shortbread biscuit filled with a lemon scented cream</p> <p>Apple Orange Banana</p>	<p>Jelly and ice-cream</p> <p>Apple Orange Banana</p>	<p>Apple flapjack</p> <p>Apple Orange Banana</p>	<p>Sticky Toffee Pudding with butterscotch sauce</p> <p>Apple Orange Banana</p>

NAME

TABLE

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	<p>Chinese Chicken curry</p> <p>Chicken breast served with broccoli, peas and boiled rice served with a Chinese curry sauce</p> 	<p>Mince and Dumplings served with carrot, peas mashed potato and buttered crushed swede</p> 	<p>Roast Turkey dinner, sage stuffing, chipolata broccoli, potatoes, carrots, roast gravy and cranberry sauce</p> 	<p>Cod and salmon fishcake served with peas, sweetcorn, carrot and a creamy dill sauce</p> 	<p>CFC</p> <p>Boneless chicken breast coated with a lightly spiced breadcrumb served with corn, beans and coleslaw</p> 
VEGETARIAN	<p>Chinese greens served with broccoli, peas, boiled rice and Chinese curry sauce</p> 	<p>Quorn Mince and Dumplings served with carrot, peas mashed potato and buttered crushed swede</p> 	<p>Cheese and onion pie served with Garden Peas</p> 	<p>Jacket Potato served with baked beans and cheese</p> 	<p>Pasta Arrabiatta served with homemade garlic bread</p> 
SANDWICH/SALAD BAR					
DESSERT	<p>Mixed Fruit</p> <p>Yoghurt</p>	<p>Choc chip cookie</p> <p>Apple Orange Banana</p>	<p>Eton Mess</p> <p>Apple Orange Banana</p>	<p>Chocolate orange crunch</p> <p>Apple Orange Banana</p>	<p>Banana cake</p> <p>Apple Orange Banana</p>

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TABLE

ALL PRODUCE IS FRESH AND EVERYTHING IS MADE ON SITE FOR ALL MENU

FRESH BREAD IS MADE EVERYDAY (with wholemeal twice a week)

**Soup Option**

This is an alternative to a Dessert. Designed to encourage healthier eating choices. Please make students aware that this is an alternative to the Dessert to avoid confusion and anxiety. We are still only providing a two course choice. Starter/ Main OR Main/ Dessert

**Sandwich /salad bar**

Student to pick filling from

HAM            CHEESE            TUNA OR            CHICKEN

Student to pick salad if required from

LETTUCE            TOMATO            PEPPER            CUCUMBER            ONION

Fill in menu as required