

Lunch

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potato with grated cheddar, baked beans and tuna mayonnaise (F) (D)	Cajun chicken wrap with herb, lime and tomato bulgur wheat	Penne pasta with lamb bolognese, herb garlic bread and grated parmesan (GW) (D)	Chicken sausage with creamed mashed potato, rosemary gravy with steamed cauliflower (GW)	Whole baked breaded haddock fillet with chunky chips, peas and tartare sauce, and lemon wedge (GW) (F)
Vegetarian Option				
Jacket potato with grated cheddar and baked beans (D)	Cajun Mediterranean vegetable wrap with bulgur wheat	Penne pasta with a vegetable ragu bolognese, with herb garlic bread and grated parmesan (GW) (D)	Vegetarian sausage with creamed mash, rosemary gravy with steamed cauliflower (GW) (SOYA)	Plant-based breaded fish fillet with chunky chips, peas and tartare sauce and a wedge of lemon (GW) (SOYA)
Salad Bar				
Tomato, cucumber and olive salad Red coleslaw	Lemon and coriander slaw Shredded iceberg lettuce	Diced beetroot and grated carrot	Green bean and tomato salad	Tomato, dill and gherkin salad
Dessert				
Fruit	Mixed fruit flapjack (GW) (D)	Fresh fruit / raspberry and vanilla yoghurt (D)	Baked chocolate and orange cake with custard (D) (E) (SOYA)	Strawberry / vanilla Ice cream (D)
Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Margherita pizza served with southern fried jacket wedges and steamed sweetcorn (GW) (D)	Mexican minced lamb taco, served with sour cream and avocado guacamole (GW) (D)	Roasted sweet chilli chicken thighs with steamed vegetable noodles (GW) (E) (SOYA)	Spicy vegetable masala macaroni topped with grated parmesan, served with steamed broccoli (GW) (D)	Breaded chicken fillet burger with bap, french fries, baked beans, tomato ketchup and vegan mayonnaise (GW) (E)
Vegetarian Option				
Margherita pizza with southern fried jacket wedges and steamed sweetcorn (GW) (D)	Mexican vegetable and quorn taco, served with sour cream and avocado guacamole (GW) (D) (E) (SOYA)	Sweet chilli egg noodles or rice with broccoli and sweetcorn. (GW) (E) (SOYA)	Spicy vegetable and lentil masala macaroni topped with grated parmesan, served with steamed broccoli (GW) (D)	Baked Quorn vegetable burger with bap, French fries, baked beans, tomato ketchup and vegan mayonnaise (GW) (E) (SOYA)
Salad Bar				
Grated carrot	Iceberg lettuce Sweetcorn	Tomato and coriander	Sliced cucumber	Gherkin, tomato and dill
Dessert				
Fruit	Vegan raspberry and fresh berry jelly	Fresh Fruit Or Clementine yoghurt (D)	Vanilla-baked Victoria sponge with chocolate custard (GW) (D) (E)	Vanilla / strawberry ice cream (D)

GW - GLUTEN WHEAT
 GS - GLUTEN SEMOLINA
 D - DAIRY
 E - EGG
 SOYA - SOY
 F - FISH