### MONDAY

Mild Chicken Curry Served with Rice

V Veggie Bean Taco Served with Vegetable Cous Cous

#### V Jacket Potato with Cheese

V Fruit Yoghurt Selection TUESDAY

Homemade Thin Crust Ham & Cheese Pizza

V Sweet potato dahl with rice

**V** Rustic Pasta Pot

V Carrot Cake with Frosted Topping

### WEDNESDAY

Roast British Chicken with sage & onion stuffing, roast potatoes & gravy

V Quorn fillet with sage & onion stuffing, roast potatoes & gravy

V Egg Mayo & Tomato Baguette

V Fresh fruit platter & crème fraîche\*

### THURSDAY

**Beef meatballs** served with BBQ sauce & rice

V Ricotta & spinach cannelloni in a tomato sauce with a hunk of bread

### Posh Dog

V Banana Muffin

FRIDAY

**Breaded Pollock Fillet** served with potato wedges

V Sweet Potato Whirls served with potato wedges

### Cheese & Pepperoni Panini

AllForeity flaniack with a glass of milk milk is Red Tractor Farm Assured or Organic. We never use fish on the Marine Conservation Society 'fish to avoid' list.

## **'MEAT FREE' MONDAY**

- V Quorn lattice slice with mids potatoes
  - V Pasta with Tomato Sauce

### **Chicken Fajita Tacos**

V Ginger Cookie with a Glass of Milk

2<sup>nd</sup> Sept, 23<sup>rd</sup> sept, 14<sup>th</sup> Oct

Week starting: 29th April, 20th May, 17th Jun, 8th Jul,

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## TUESDAY

Great British sausages served with mashed potato & gravy

V Vegetable biryani

#### V Fish Finger Wrap

V Cheese & biscuits with fresh fruit\*

## WEDNESDAY

Roast British pork with apple sauce, roast potatoes & gravy

V Roasted Vegetable Quiche with Roast Potatoes

#### V Quorn Southern Style Burger

V Fresh fruit platter & crème fraîche\* THURSDAY

#### Pasta bolognese

V Quorn pasta pesto

V Jacket Potato with Coleslaw

V Ice Cream Roll

# FRIDAY

Wholemeal crumb salmon fillet served with oven chips

V Vegan style chicken nuggets served with oven chips

### Ham & cheese Panini

V Chocolate & Beetroot Brownie With a Glass of Milk

## 'MEAT FREE' MONDAY

V Homemade Deep Pan Style cheese & tomato pizza

21<sup>st</sup> Oct

Sept, 30<sup>th</sup> Sept,

Week starting: 6th May, 3rd June, 24th June, 15th Jul, 9th

V Jacket potato filled with boston beans

Chow Mein Noodle Pot

V Fruit Yoghurt Selection

## TUESDAY

Organic minced beef pie with golden puff pastry served with mashed potato & gravy

V Quorn & butternut squash curry served with rice

V Pizza Panini

V Iced Sponge

# WEDNESDAY

Roast British gammon with pineapple slice, roast potatoes & gravy

V Cauliflower cheese served with roast potatoes

V Mac & cheese Pot

V Jelly served with fresh fruit & crème fraîche\*

# THURSDAY

Organic beef burger in a high fibre bun with tomato sauce

V Veggie burger in a high fibre bun with tomato sauce

**Chicken & Sweetcorn Baguette** 

V Fruit Smoothie\*

### FRIDAY

Pollock fish fingers served with country style potatoes

V Quorn sausage roll served with country style potatoes

### **Popcorn Chicken**

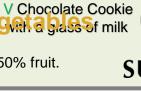


V - Suitable for Vegetarians. \* Desserts highlighted with an asterisk contain a minimum of 50% fruit.

WEEK

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ed with seasonal vegetables f milk



Week Starting: 22<sup>nd</sup> April, 13<sup>th</sup> May, 10<sup>th</sup> Jun, 1<sup>st</sup> Jul, 22ns Jul, 16<sup>th</sup> Sept, 7<sup>th</sup> ENU WEEK

Oct