


 Added Plant Power


 Vegan


 Wholemeal

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 28/02/2022 21/03/2022 25/04/2022 16/05/2022 13/06/2022 04/07/2022	Option 1	Tomato & Vegetable Pasta 	Jerk Chicken with rice 	Roast Gammon, Roast Potatoes & Gravy	Beef meatballs with Mash & Gravy	Fishfingers or Salmon Fishfingers with Chips & Tomato sauce
	Option 2	Vegetable loaf with new potatoes	Vegan sausage hotdog in a bun with wedges 	Vegetable Wellington with Roast Potatoes & Gravy 	Vegan Spaghetti Bolognese 	BBQ Quorn fillet with Chips & Tomato sauce 
	Option 3	Jacket Potato with filling	Packed lunch on a plate	Jacket Potato with filling	Jacket Potato with filling	Jacket Potato with filling
	Vegetables	Carrots Peas	Sweetcorn Broccoli	Cauliflower Green beans	Sweetcorn Carrots	Baked Beans Peas
	Dessert	Fruit crumble with custard	Apple & Raisin Flapjack  	Orange & cinnamon cookie 	Chocolate sponge with chocolate sauce	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						

Week 2 07/03/2022 28/03/2022 02/05/2022 23/05/2022 20/06/2022 11/07/2022	Option 1	Macaroni Cheese	Spaghetti Bolognese 	Roast Chicken, Roast Potatoes, stuffing & Gravy	Sausage & Mash with gravy	Battered Fish with Chips & Tomato sauce
	Option 2	Vegan Sausage roll with Wedges 	Vegan Burger in a bun with wedges 	Roast Quorn, Roast Potatoes, Stuffing & Gravy 	Veggie chilli & rice  	Cheese & bean Pasty with Chips
	Option 3	Jacket Potato with filling	Jacket Potato with filling	Jacket Potato with filling	Packed lunch on a plate	Jacket Potato with filling
	Vegetables	Sweetcorn Broccoli	Peas Carrots	Savoy Cabbage Carrots	Green beans Sweetcorn	Baked Beans Peas
	Dessert	Lemon Berry Cake	Chocolate & Beetroot Brownie with chocolate sauce	Summer fruit sponge	Raspberry jelly & mandarins 	Apple, Cheese & Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						

Week 3 14/03/2022 04/04/2022 09/05/2022 06/06/2022 27/06/2022 18/07/2022	Option 1	Cheese & Tomato Pizza 	Chicken Fajita with rice  	Roast Turkey, Roast Potatoes & Gravy	Beef Burger in a bun with Wedges	Fishfingers with Chips & Tomato Sauce
	Option 2	Falafel with herb rice  	Vegetable lasagne	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy 	Vegetable curry with rice  	Southern style vegan burger (no bun) with Chips 
	Option 3	Jacket Potato with filling	Packed lunch on a plate	Jacket Potato with filling	Jacket Potato with filling	Jacket Potato with filling
	Vegetables	Green Beans Coleslaw	Peas Sweetcorn	Carrot Broccoli	Sweetcorn Rainbow slaw	Baked Beans Peas
	Dessert	Eves pudding with custard	Pear & Chocolate upside cake	Marble Sponge	Vanilla sponge with Custard	Vanilla Shortbread 
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:
 If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.