

# MENU WEEK 1

WEEK STARTING: 3RD/22<sup>ND</sup>  
SEPTEMBER, 13<sup>TH</sup> OCTOBER, 10<sup>TH</sup>  
NOVEMBER, 1<sup>ST</sup> DECEMBER,  
5<sup>TH</sup>/25<sup>TH</sup> JANUARY

## MONDAY

### MAINS

Battered Chicken Crispy Balls (df) (H)  
Veggie Nuggets (V)(VG)  
Jacket Potato with Cheese or Beans  
Sandwich -Cheese or Ham  
Southern Fried Chicken Wrap

### SIDES

Fried Rice, Carrots and Broccoli

### DESSERTS

Ice cream or Choc Ice  
Peaches, Yoghurt, Fruit or Jelly  
Cheese and Crackers

## TUESDAY

### MAINS

Beef Bolognese (GF) (D) (H)  
Veggie Sausage Pasta (VE)  
Jacket Potato with Cheese or Beans  
Sandwich -Cheese or Ham  
Southern Fried Chicken Wrap

### SIDES

Spaghetti, Mixed Veg and Peas

### DESSERTS

Blueberry Cake and Custard  
Peaches, Yoghurt, Fruit or Jelly  
Cheese and Crackers

## WEDNESDAY

### MAINS

Pepperoni or Cheese Pizza (GF) (DF) (H)  
Southern Fried Chicken Wrap

### SIDES

Tater bites, Beans and Sweetcorn

### DESSERTS

Oat Cookies  
Peaches, Yoghurt, Fruit or Jelly  
Cheese and Crackers

## THURSDAY

### MAINS

Jamaican Chicken Curry (GF) (D) (H)  
Rasta Pasta (VE)  
Jacket Potato with Cheese or Beans  
Sandwich -Cheese or Ham  
Southern Fried Chicken Wrap

### SIDES

Rice, Peas and Carrots

### DESSERTS

Shortbread  
Peaches, Yoghurt, Fruit or Jelly  
Cheese and Crackers

## FRIDAY

### MAINS

Sausages  
Macaroni Cheese (V)  
Cod Fish fingers  
Sandwich -Cheese or Ham  
Southern Fried Chicken Wrap

### SIDES

Chips, Beans/Spaghetti Hoops and Sweetcorn

### DESSERTS

Jaffa Cake  
Peaches, Yoghurt, Fruit or Jelly  
Cheese and Crackers

**FRESH BREAD  
AND SALAD BAR  
AVAILABLE  
DAILY**

# MENU WEEK 2

WEEK STARTING: 8<sup>TH</sup>/29<sup>TH</sup>  
SEPTEMBER, 20<sup>TH</sup> OCTOBER, 17<sup>TH</sup>  
NOVEMBER, 8<sup>TH</sup> DECEMBER, 12<sup>TH</sup>  
JANUARY AND 2<sup>ND</sup> FEBRUARY

## MONDAY

### MAINS

Chicken and Pesto Pasta (DF) (Nut Free) (H)  
Vegetable Fingers (VE)  
Jacket Potato with Cheese or Beans  
Sandwich -Cheese or Ham  
Southern Fried Chicken Wrap

### SIDES

Pasta, Carrots and Broccoli

### DESSERTS

Ice cream or Choc Ice  
Peaches, Yoghurt, Fruit or Jelly  
Cheese and Crackers

## TUESDAY

### MAINS

Sticky Barbeque Chicken (GF)(DF)(H)  
Plant Based Chilli with Kidney Beans (V)(VG)(DF)  
Jacket Potato with Cheese or Beans  
Sandwich -Cheese or Ham  
Southern Fried Chicken Wrap

### SIDES

Yellow Rice, Mixed Veg and Peas

### DESSERTS

Flapjack  
Peaches, Yoghurt, Fruit or Jelly  
Cheese and Crackers

## WEDNESDAY

### MAINS

Pepperoni or Cheese Pizza (GF) (DF) (H)  
Southern Fried Chicken Wrap

### SIDES

Sauted Potatoes , Beans and Sweetcorn

### DESSERTS

Chocolate Crispies  
Peaches, Yoghurt, Fruit or Jelly  
Cheese and Crackers

## THURSDAY

### MAINS

Cheesy Beef Pasta  
Veggie Pasta Bake  
Jacket Potato with Cheese or Beans  
Sandwich -Cheese or Ham  
Southern Fried Chicken Wrap

### SIDES

Bread Roll, Peas and Carrots

### DESSERTS

Strawberry Slice and Custard  
Peaches, Yoghurt, Fruit or Jelly  
Cheese and Crackers

## FRIDAY

### MAINS

Sausages  
Macaroni Cheese (V)  
Cod Fish fingers  
Sandwich -Cheese or Ham  
Southern Fried Chicken Wrap

### SIDES

Chips, Beans/Spaghetti Hoops and Sweetcorn

### DESSERTS

Jam Doughnut  
Peaches, Yoghurt, Fruit or Jelly  
Cheese and Crackers

FRESH BREAD  
AND SALAD BAR  
AVAILABLE  
DAILY

# MENU WEEK 3

WEEK STARTING: 15<sup>TH</sup> SEPTEMBER, 6<sup>TH</sup> OCTOBER, 24<sup>TH</sup> NOVEMBER, 15<sup>TH</sup> DECEMBER, 19<sup>TH</sup> JANUARY AND 8<sup>TH</sup> FEBRUARY

## MONDAY

### MAINS

Pork Meatballs in Tomato Sauce  
Meat Free Meatballs (V)(VG)(DF)  
Jacket Potato with Cheese or Beans  
Sandwich -Cheese or Ham  
Southern Fried Chicken Wrap

### SIDES

Pasta, Carrots and Broccoli

### DESSERTS

Ice cream or Choc Ice  
Peaches, Yoghurt, Fruit or Jelly  
Cheese and Crackers

## TUESDAY

### MAINS

Chicken Noodles (GF)(DF)(H)  
Veggie Spring roll (V)(VG)  
Jacket Potato with Cheese or Beans  
Sandwich -Cheese or Ham  
Southern Fried Chicken Wrap

### SIDES

Noodles, Mixed Veg and Peas

### DESSERTS

Chocolate Sponge and Custard  
Peaches, Yoghurt, Fruit or Jelly  
Cheese and Crackers

## WEDNESDAY

### MAINS

Pepperoni or Cheese Pizza (GF) (DF) (H)  
Southern Fried Chicken Wrap

### SIDES

Rosti Bites, Beans and Sweetcorn

### DESSERTS

Vanilla Biscuits  
Peaches, Yoghurt, Fruit or Jelly  
Cheese and Crackers

## THURSDAY

### MAINS

Mild Dry Tikka Masala (GF)(DF)(H)  
Veggie Samosa (V)(VG)  
Jacket Potato with Cheese or Beans  
Sandwich -Cheese or Ham  
Southern Fried Chicken Wrap

### SIDES

Rice or Naan, Peas and Carrots

### DESSERTS

Frosted Muffins  
Peaches, Yoghurt, Fruit or Jelly  
Cheese and Crackers

## FRIDAY

### MAINS

Sausages  
Macaroni Cheese (V)  
Cod Fish fingers  
Sandwich -Cheese or Ham  
Southern Fried Chicken Wrap

### SIDES

Chips, Beans/Spaghetti Hoops and Sweetcorn

### DESSERTS

Banana Cake  
Peaches, Yoghurt, Fruit or Jelly  
Cheese and Crackers

**FRESH BREAD  
AND SALAD BAR  
AVAILABLE  
DAILY**