

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shepherd's Pie Or Quorn Shepherd's pie Peas and Sweetcorn Or * Tomato Pasta **** Salad Bar Tuna or Mackerel **** Wholemeal Roll **** Fresh Fruit Platter Or Yoghurt	Meatballs Or Quorn Balls Pasta Roasted Vegetables Or Jacket Potato with a choice of fillings **** Salad Bar Egg & Cheese or Mackerel **** Wholemeal Roll **** Jelly Or Yoghurt	Roast Turkey Or Vegetarian BBQ Lentil and mixed seed Burger (uncoated) Roast Potatoes Stuffing Carrots and broccoli Or * Tomato Pasta **** Salad Bar Ham or Mackerel **** Wholemeal Roll **** Fresh Fruit Salad Or Yoghurt	Lasagne Or * Vegetable Lasagne Country Veg Coleslaw Or Jacket Potato with a choice of fillings **** Salad bar Tuna or Mackerel **** Wholemeal Roll **** Tray Bake Or Yoghurt	Battered Cod Or Fish Fingers Or Vegetable Burger Chips and Baked Beans Or Jacket Potato with a choice of fillings **** Salad Bar Cheese or Mackerel **** Wholemeal Roll **** Pudding of the day Or yogurt
<u>Tea</u> Hot Dogs Or Quorn Sausage Fried Onions & Salad Frozen Mousse	<u>Tea</u> Fish Cakes Or Vegetable Burger New Potatoes Baked Beans Fresh Fruits	<u>Tea</u> Jacket Potato Choice of Fillings Salad House Provided Dessert	<u>Tea</u> Cooked Breakfast Or Vegetable Sausage Fruit or Yoghurt	<u>Tea</u>

Red lentils will be added to the homemade vegetable sauce for the tomato pasta and vegetable lasagne

Fresh fruit, milk and water is available at all times for students

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Curry Or Vegetable and Chickpea Curry Rice Peas and Sweetcorn Or Jacket Potato with a choice of fillings **** Salad Bar Tuna or Mackerel **** Wholemeal Roll **** Fresh Fruit Platter or Yoghurt	Toad in the Hole Or * Vegetable Sausage or Plain Sausage Mashed Potato Country Vegetables Or Tomato Pasta **** Salad Bar Cheese & Egg or Mackerel **** Wholemeal Roll **** Artic Roll or Yoghurt	Roast Beef Or Vegetable Burger Roast potatoes Stuffing Carrots and Green Beans Or Tomato Pasta **** Salad Bar Ham or Mackerel **** Wholemeal Roll **** Fresh Fruit Salad or Yoghurt	Macaroni Cheese Baguette Peas Or Jacket Potato with a choice of fillings **** Salad Bar Tuna or Mackerel **** Wholemeal Roll **** Cookies or Yoghurt	Beef Burger Or Fish Fingers Or Vegetable Burger Chips and Baked Beans Or Jacket Potato with a choice of fillings **** Salad Bar Cheese or Mackerel **** Wholemeal Roll **** Pudding of the Day or Yoghurt
<u>Tea</u> Pasta in Tomato Sauce Garlic Bread Ice Cream	<u>Tea</u> Chicken Burger Or Vegetable Burger Coleslaw Salad Fruit Jelly	<u>Tea</u> Pitta Bread Pizza House Provided Dessert	<u>Tea</u> Baguette Choice of Ham, Tuna or Cheese Soup Fruit or Yoghurt	<u>Tea</u>

* Made with textured pea protein, mycoprotein, rusk, seasoning, Wheat Gluten and Casing

Fresh fruit, milk and water is available at all times for students

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta Bolognese Or Quorn Bolognese Peas and Sweetcorn Or Jacket Potato with a choice of fillings **** Salad Bar Tuna or Mackerel **** Wholemeal Roll **** Fresh Fruit Platter Or Yoghurt	Jumbo Sausage Or Cheese and Onion Roll Mashed Potato Mixed Vegetables Or Tomato Pasta **** Salad Bar Cheese & Egg or Mackerel **** Wholemeal Roll **** Rice Pudding Or Yoghurt	Roast Lamb Or * Uncoated Vegetable Burger Roast potatoes Stuffing Carrots and Broccoli Or Jacket Potato with a choice of fillings **** Salad Bar Ham or Mackerel **** Wholemeal Roll **** Fresh Fruit Salad Or Yoghurt	Pizza Home-made Potato Wedges Coleslaw Or Tomato Pasta **** Salad Bar Tuna or Mackerel **** Wholemeal Roll **** Fairy Cake or Yoghurt	Battered Cod Or Fish Fingers Or Quiche Chips and Baked Beans Or Jacket Potato with a choice of fillings **** Salad Bar Cheese or Mackerel **** Wholemeal Roll **** Pudding of the Day Or Yoghurt
<u>Tea</u> Chicken Wrap Or Quorn Wrap Peppers, Onions & Mushrooms Salad Jelly	<u>Tea</u> Chicken Drumstick Or Veg Alternative Savoury Rice Salad Angel Delight	<u>Tea</u> Toast Choice of Toppings Salad House Provided Dessert	<u>Tea</u> Quiche Lorraine or Cheese New Potatoes Coleslaw Salad Fruit or Yoghurt	<u>Tea</u>

* Made with lentils, carrots, spring onions and tomato puree.

Fresh fruit, milk and water is available at all times for students