

Meat Free Monday Tuesday Wednesday Thursday Friday

Week One 30/08/2021 20/09/2021 11/10/2021 8/11/2021 29/11/2021 03/01/2022 24/01/2022	Option 1	Cheese and Tomato Pizza with Potato Wedges 	Chicken Pie with Mashed Potatoes/ New Potatoes and Gravy	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Mild Mexican Beef Chilli with Rice/ Jacket  	Fishfingers with Chips and Tomato Sauce
	Option 2	Lentil and Sweet Potato Curry with Rice  	Soya Spaghetti Bolognese with Garlic Bread 	Quorn Roast with Roast Potatoes and Gravy	Devils Kitchen Vegan Hot Dog with Wedges 	Cheese and Onion Quiche with Chips 
	Vegetables	Peppers Baked Beans	Broccoli Carrots	Peas Cabbage	Vegetable Medley	Peas Sweetcorn
	Dessert	Toffee Apple Crumble with Custard 	Vanilla Iced Sponge	Fresh Fruit and Yoghurt Station	Orange Drizzle Cake	Chocolate Cookie 
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Two 06/09/2021 27/09/2021 18/10/2021 15/11/2021 06/12/2021 10/01/2022 31/01/2022	Option 1	Five Bean Casserole with Rice  	Chicken Stir Fry with Noodles	Roast Beef, Roast Potatoes and Gravy	Beef Meatballs in Tomato Sauce with Spaghetti	Fishfingers with Chips and Tomato Sauce
	Option 2	Macaroni Cheese	Vegetable Lasagne with Garlic Bread	Lentil & Soya Roast, Roast Potatoes & Gravy 	Vegetable Pie, Mashed Potatoes/ New Potatoes and Gravy	Smokey Vegetable Burger with Chips 
	Vegetables	Sweetcorn Peas	Broccoli Carrots	Cabbage Carrot & Swede Mash	Cauliflower Green Beans	Baked Beans Peas
	Dessert	Apple Strudel with Custard	5 A Day Cake with Custard	Apple, Cheese and Crackers	Oaty Cookie  	Fresh Fruit and Yoghurt Station
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Three 13/09/2021 4/10/2021 01/11/2021 22/11/2021 13/12/2021 17/01/2022 07/02/2022	Option 1	Vegan Mexican Roll with Potato Wedges  	Beef Lasagne with Garlic Bread	Roast Turkey, Roast Potatoes and Gravy	Chicken Sausages, Mashed Potato/New Potatoes and Gravy	Fishfinger/ Salmon Fishfingers with Chips and Tomato Sauce
	Option 2	Roasted Cauliflower and Chickpea Curry with Rice  	Shepherdess Pie With Gravy 	Vegetable Wellington with Roast Potatoes and Gravy 	Cheese and Broccoli Pasta Bake with Garlic Bread	Red Pepper and Cheese Frittata with Chips
	Vegetables	Coleslaw Sweetcorn & Peas	Peas Carrots	Broccoli Cauliflower	Carrots Baked Beans	Peas Sweetcorn
	Dessert	Oaty Peach Crumble with Custard 	Fruity Shortbread 	Fresh Fruit and Yoghurt Station	Chocolate Sponge with Chocolate Drizzle	Grapes, Cheese and Crackers
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 your child has an allergy or intolerance 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.

Yoghurt Station

This will consist of two yoghurts – one plain and one yoghurt that will have add flavour to. There is then a selection of toppings we will offer, depending on your school's preference. There is a yoghurt bar booklet which the cooks will have to help them with the yoghurt flavours and toppings.

- Two yoghurt choices – one plain and one flavoured
- Offer four toppings where possible

Yoghurt Flavours:

Natural Yoghurt
Vanilla Yoghurt
Chocolate Yoghurt
Fruit of the Forest Yoghurt
Mandarin Yoghurt
Peach Yoghurt
Honey Yoghurt



Toppings:

Crumble Topping
Plain Granola
Orange and Ginger Granola
Chocolate and Ginger Raisins
Plain Raisins
Apple and Cinnamon Crisp
Fresh Fruit Salad