Allergy information available on request



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
		Main				
Macaroni Cheese (v)	Chicken Quesadilla	Roast of the Day with Roast Potatoes and Gravy	Beef Meatballs with Pasta	Fish and Chips		
Vegetarian						
Chickpea and Spinach Curry with Rice (v)	Veggie Quesadilla (v)	Vegan Quorn Fillet with Roast Potatoes and Gravy (v)	Vegan Meatballs with Pasta (v)	Veggie Plait with Chips (v)		
		3rd Options				
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw		
		Deli				
Sandwich, Baguette or Wrap with Ham, Tuna Mayo, Egg Mayo or Cheese						
		Vegetables				
Broccoli, Sweetcorn	Mixed Peppers, Peas	Carrots, Cabbage	Cauliflower, Butternut Squash	Peas, Baked Beans		
Dessert						
Apple Shortbread	Autumn Fruit Crumble with Custard	Chocolate Beetroot Cake	Fruit Jelly	Sticky Toffee Pudding with Custard		
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt		
A TA		F	resh seasonal salad and bread available available daily as an alternative to	e daily. Fresh fruit and yoghurt the dessert of the day.		

1st Nov, 22nd Nov, 13th Dec, 3rd Jan, 24th Jan, 14th Feb, 7th Mar, 28th Mar











Allergy information available on request

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
		Main				
Veggie Wholemeal Pizza (v)	Pork Sausage with Mashed Potatoes and Gravy	Roast of the Day with Roast Potatoes and Gravy	Chicken Katsu Curry with Rice	Fish and Chips		
		Vegetarian				
Cauliflower Korma with Rice (v)	Vegan Sausage with Mashed Potatoes and Gravy (v)	Vegetable Wellington with Roast Potatoes and Gravy (v)	Chinese Veggie Noodles with Edamame (v)	Falafel and Sweet Potato Hummus with Chips (v)		
		3rd Options				
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw		
		Deli				
	Sandwich, Baguette or Wrap with Ham, Tuna Mayo, Egg Mayo or Cheese					
		Vegetables				
Green Beans, Carrots	Broccoli, Peas	Carrots, Swede	Mixed Vegetables	Peas, Baked Beans		
Dessert						
Mandarin Cheesecake	Fruit Jelly	Autumnal Iced Cake	Fruit Cookie	Orange Drizzle Cake		
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt		
Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.						
8th Nov, 29th Nov, 20th Dec, 10th Jan, 31st Jan, 21st Feb, 14th Mar, 4th Apr						









WEEK 2

FC

FOR BODY AND BRAIN



ALLIANCE # PARTNERSHIP

	15th Nov, 6th Dec, 2	7th Dec, 17th Jan, 7th Feb, 1	28th Feb, 21st Mar	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Main		
Tomato and Veggie Pasta (v)	Beef Burger with Wedges	Roast of the Day with Roast Potatoes and Gravy	BBQ Chicken with Rice	Fish and Chips
		Vegetarian		
Mediterranean Wholemeal Pitta Nachos (v)	Vegan Burger with Wedges (v)	Lentil Shepherdess Pie (v)	Veggie Chilli with Rice (v)	Veggie Nuggets and Chips (
		3rd Options		
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Salmon May or Coleslaw
		Deli		
	Sandwich, Baguette o	or Wrap with Ham, Tuna Mayo,	Egg Mayo or Cheese	
		Vegetables		
Mixed Vegetables	Sweetcorn, Broccoli	Carrots, Parsnips	Green Beans, Cauliflower	Peas, Baked Beans
		Dessert		
Chocolate Crispy Cake	Jelly	Raspberry and Coconut Flapjack	Autumn Eton Mess	Cinnamon Apple Crumble Slice
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt
SMART			Fresh daily. as ar Soil Association CODE POR LIFE CATERING MARK	n seasonal salad and bread available Fresh fruit and yoghurt available daily n alternative to the dessert of the day.