LUNCH WEEK 1

w/c – 31/08, 21/09,12/10, 02/11, 23/11, 14/12, 04/01, 25/01, 15/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	**Cheese & Tomato Pizza V** Homemade wholemeal pizza topped with tomato sauce & cheese.	**Southern Baked Chicken** Lightly dusted chicken, oven-roasted with a blend of gentle spices.	**Roast Chicken** Oven-roasted chicken dinner.	**Chicken Sausages** Simply sausages served with mash & gravy.	**Fish Fingers** Golden crispy crumb coated fish sticks.
MAIN 2	**Cheese & Tomato Pizza V** Homemade wholemeal pizza topped with tomato sauce & cheese.	**Vegetable Chilli VE New** Vegetables and beans in a lightly spiced tomato sauce.	**Veggie Sausage V** Vegetarian sausages served with mash & gravy.	**Veggie Sausage V** Vegetarian sausages served with mash & gravy.	**BBQ Bean and Cheese Pasty V** Puff pastry filled with BBQ baked beans and melted cheese.
CARB	**Tomato Pasta Salad**	**Boiled Rice**	**Skin on Roasties**	**Mash**	**Chips**
VEG	**Broccoli**	**Green Beans**	**Garlic Autumn Greens**	**Roasted Corn**	**Baked Beans / Peas**
3rd OPTION	**Jacket Potatoes**	**Jacket Potatoes**	**Jacket Potatoes**	**Jacket Potatoes**	**Jacket Potatoes**
DESSERT	**Chococaramel Mousse V**	**Pear & Ginger Cake VE**	**Autumn Crumble & Custard V**	**Lemon Drizzle Flapjack VE**	**Ice Cream V**

AVAILABLE DAILY: Fresh fruit, jelly or yogurt, homemade bread and freshly made salad.

MENU KEY: V Vegetarian New New Dish VE Vegan and Planet Friendly

FOOD & Co. by sodexo

LUNCH WEEK 2

w/c 07/09, 28/09, 19/10, 9/11, 30/11, 21/12, 11/01, 01/02, 22/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	**Mac n' Cheese V** Macaroni pasta in a creamy cheese sauce.	**Chicken Curry** Chicken slow-cooked in a mild Indian-spiced sauce.	**Roast Chicken** Oven-roasted chicken dinner	**Pasta Bolognese** Pasta served with a rich Italian bolognese sauce.	**Fish Fingers** Golden crispy crumb coated fish sticks.
MAIN 2	**Pasta Arriabatta VE** Pasta served with a spiced tomato sauce.	**Sweet Potato & Chickpea Curry VE** Sweet potato and chickpeas in a mild Indian-spiced sauce.	**Veggie Sausage V** Vegetarian sausages served with mash & gravy.	**No Chicken Tandoori Flatbread V New** Tandoori-spiced vegetarian 'chicken' pieces on a flatbread with Asian slaw and cool mint yoghurt.	**Veggie Burger VE New** Homemade chickpea veggie burger in a soft white bun.
CARB	---	**Turmeric Rice**	**Skin On Roasties**	**Garlic Bread**	**Chips**
VEG	**Sweetcorn**	**Garden Peas**	**Roasted Carrots**	**Crispy Broccoli**	**Baked Beans /Peas**
3rd OPTION	**Jacket Potatoes**	**Jacket Potatoes**	**Jacket Potatoes**	**Jacket Potatoes**	**Jacket Potatoes**
DESSERT	**Lemon and Oat Cookie VE**	**Pear Upside Down Pudding V**	**Apple Flapjack Crumble VE**	**Fruit Jelly V**	**Shortbread VE**

AVAILABLE DAILY: Fresh fruit, jelly or yogurt, homemade bread and freshly made salad.

MENU KEY: V Vegetarian New New Dish VE Vegan and Planet Friendly

FOOD & Co. by sodexo

LUNCH WEEK 3

w/c 14/09, 05/10, 26/10, 16/11, 07/12, 28/12, 18/01,08/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	**Sweetcorn & Pepper Pizza V New** Homemade wholemeal pizza topped with tomato sauce, cheese, peppers and sweetcorn.	**Sausage Dog** Simply sausage served in a soft finger roll.	**Roast Chicken** Oven-roasted chicken dinner.	**BBQ Chicken Wrap** BBQ chicken and fresh salad rolled up in a soft tortilla wrap.	**Fish Fingers** Golden crispy crumb coated fish sticks.
MAIN 2	**Cheesy Garlic Flatbread V** Homemade wholemeal pizza base topped with rich garlic butter and cheese.	**Veggie Dog VE** Plant-based sausage served in a soft finger roll.	**Veggie Sausage V** Vegetarian sausages served with mash & gravy.	**Hot Veggie Wrap VE** Fresh vegetables & chickpeas spiced with cumin, wrapped up with a mint chutney.	**Crispy Quorn Nuggets VE** Crispy golden nuggets made from vegetables, coated in breadcrumbs.
CARB	**Tomato Pasta Salad**	**Potato Wedges**	**Skin On Roasties**	**Lemon and Herb New Potatoes**	**Chips**
VEG	**Sweetcorn**	**Garden Peas**	**Roasted Carrots**	**Crispy Broccoli**	**Baked Beans / Peas**
3rd OPTION	**Jacket Potatoes**	**Jacket Potatoes**	**Jacket Potatoes**	**Jacket Potatoes**	**Jacket Potatoes**
DESSERT	**Chocolate Swirl Shortbread VE New**	**Coconut and Lime Cake VE**	**Autumn Fruit Sponge V**	**Apple & Cinnamon Pinwheel V**	**Ice Cream V**

AVAILABLE DAILY: Fresh fruit, jelly or yogurt, homemade bread and freshly made salad.

MENU KEY:
V Vegetarian New New Dish
VE Vegan and Planet Friendly

FOOD & CO. by sodexo