



	MON	TUE	WED	THURS	FRI
Breakfast	Choice of cereal including Cornflakes, Rice Krispies, Weetabix or porridge, a selection of toast and a choice of homemade jams, spreads or marmite. Fresh milk and mint or lemon flavoured water to drink.				
Brunch	Toasted English muffin. Fresh fruit and milk.	Croissants	Toasted tea cakes. Fresh fruit and milk.	Frozen fresh fruit yoghurt pops. Fresh fruit and milk.	Toasted crumpet. Fresh fruit and milk.
Sub.	GF muffin	GF croissants	GF tea cakes	DF milk	GF crumpet
Lunch	Pea and asparagus risotto	Chicken and vegetable stir fry	Oven-baked cauliflower and cheese macaroni	Roasted lamb, veg, potatoes, Yorkshires & gravy	Baked fish tacos, salsa with sweet potato wedges
Vege	N/A	Tenderstem broccoli and red pepper stir fry	N/A	Stuffed red pepper, veg, potatoes, Yorkshires and gravy	Baked jackfruit tacos, salsa with sweet potato wedges
Desert	Pineapple rings	Creamed rice pudding	Flapjacks	Lemon cheesecake	Banana Loaf
Sub	N/A	GF flapjacks	DF cheese GF pasta	GF Yorkshires DF Cheesecake	GF bread DF milk
Tea	Grilled cheese soldiers. Fresh fruit and milk.	Hot dog and bap. Fresh fruit and milk.	Cinnamon rice cakes. Fresh fruit and milk.	Selection of sandwiches. Fresh fruit and milk.	Selection of wraps. Fresh fruit and milk.
Sub	DF cheese	GF bap	N/A	GF bread	GF wraps
Supper	Classic tomato and basil pasta	Shepherd's pie with root veg and mash	Three bean smoky chilli with yellow rice	Jerk chicken rice and peas	Tomato and Feta cheese pasta
Vege	N/A	Veggie pie with root veg and mash	N/A	Jerk jackfruit with rice and peas	N/A
Sub	GF pasta	DF cheese	N/A	N/A	DF cheese GF pasta



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Sub.	GF muffin	GF croissants	GF tea cakes	DF milk	GF crumpet
Lunch	Sweet potato coconut curry with yellow rice	Cowboy stew with sausage, beans and potatoes	Mushroom Stroganoff with wild rice	Roasted beef, veg, potatoes, Yorkshires & gravy	Hungarian vegetarian Goulash with rice
Vege	N/A	Cowboy stew with veggie sausage, beans and potatoes	N/A	Mushroom Wellington, veg, potatoes, Yorkshires and gravy	N/A
Desert	Strawberry fruit cups	Poached pears with crème fraiche	Upside down pineapple cake	Strawberry cheesecake	Carrot cake
Sub	N/A	DF yogurt	GF cake	GF cheesecake	GF carrot cake
Tea	Houmous and cucumber-filled mini pitta pockets	Mini hamburgers	Crackers and cheese	Selection of rolls	Mini pizza
Sub	GF pitta pockets	Mini veggie burgers	GF crackers and DF cheese	GF rolls	GF pizza
Supper	Vegetarian Mousakka	Chicken and sweet pepper Chow Mein with rice noodles	Spaghetti Carbanora	Moroccan lamb stew with golden cous cous	Mediterranean tuna pasta bake
Vege	N/A	Jackfruit and sweet pepper Chow Mein with rice noodles	N/A	Moroccan chickpea and butternut stew with golden cous cous	Mediterranean jackfruit pasta bake
Sub	N/A	N/A	GF pasta	GF pasta	GF pasta



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Sub.	GF muffin	GF croissants	GF tea cakes	DF milk	GF crumpet
Lunch	Summer pea pasta	Lamb Biryani with Aloo potatoes	Thai sweet pepper curry with sticky rice	Roasted chicken, veg, potatoes, Yorkshires & gravy	Salmon paella
Vege	N/A	Chickpea and lentil curry with Aloo potatoes	N/A	Roasted cauliflower, veg, potatoes, Yorkshires & gravy	Mixed vegetable paella
Desert	Apple wedges	Lemon drizzle	Fruit salad	Clemintine cheesecake	Apple and raisin crunch
Sub	GF pasta	GF drizzle	N/A	GF Yorkshires GF cheesecake	GF crunch
Tea	Scones with strawberry jam	Veggie sausage rolls	Selection of bruschetta	Selection of toasties	Selection of wraps
Sub	GF scones	GF rolls	GF bruschetta	GF bread	GF wraps
Supper	Cheesy bean baked potato	Oven-baked traditional beef lasagne	Cous cous tabbouleh with fresh mint and feta cheese	Sweet and sour chicken with rice noodles	Creamy orccetto pasta with cheesy broccoli sauce
Vege	N/A	Oven-baked traditional vegetable lasagne	N/A	Sweet and sour red pepper with rice noodles	N/A
Sub	DF cheese	GF pasta	DF cheese	N/A	GF pasta DF cheese