

V Vegetarian
Ve Vegan
H Halal
Df Dairy free

WEEK 1

WEEK 2



WEEK 3

MONDAY

Chicken Curry *Farm Assured Chicken in a Chef's Curry Sauce*

Vegetarian Curry *Vegetables and Quorn in a Chef's Curry Sauce* **V H**

Rice, Sweetcorn, Carrots, Seasonal Salad Selection, Wholemeal Bread and White Bread

Strawberry or Chocolate Swirl Mousse or Cheese and Crackers

Early Years options: Natural Yogurt with Chopped Fruit or Fresh Fruit Salad or Cheese and Crackers

TUESDAY

Big Breakfast *Pork Sausage Pattie, Free Range Scrambled Egg, Baked Beans*

Vegetarian Sausage **V H**

Hash Browns, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Wholemeal Bread and White Bread

Sponge and Custard or Fruit Yoghurt

Early Years options: Natural Yogurt with Chopped Fruit or Fresh Fruit Salad or Cheese and Crackers

WEDNESDAY

Traditional Roast of the Day *Farm Assured Sliced Meat served with Rich and Tasty Gravy*

Stuffed Yorkshire Pudding *Seasonal Vegetables and Mixed Beans served with a Yorkshire Pudding* **V H**

Roast Potatoes, Creamed Potatoes, Cauliflower, Broccoli, Seasonal Salad Selection, Wholemeal Bread and White Bread

Cornflake Cake or Cheese and Crackers

Early Years options: Natural Yogurt with Chopped Fruit or Fresh Fruit Salad or Cheese and Crackers

THURSDAY

Beef Burger *Farm Assured Minced Beef Burger served in a Soft Bap*

Vegetable Burger *Vegetable Burger served in a Soft Bap* **V H**

Herby Diced Potato, Baked Beans, Garden Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread

Cookie Selection or Fruit Yoghurt

Early Years options: Peach and Yoghurt Cake or Natural Yogurt with Chopped Fruit or Fresh Fruit Salad or Cheese and Crackers

FRIDAY

Jumbo Fish Finger *White Fillet of Fish coated in Breadcrumbs or Battered Fish White Fillet of Fish coated in a Tempura Batter*

Cheese Flan **V H**

Chips, Sweetcorn, Green Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread

Ice Cream or Cheese and Crackers

Early Years options: Banana Muffin or Natural Yogurt with Chopped Fruit or Fresh Fruit Salad or Cheese and Crackers

MONDAY

Pizza Bar – Cheese and Tomato Pizza *with a selection of toppings* **V Ham, Peppers, Sliced Onions, Sweetcorn**

Potato Wedges, Garden Peas, Sweetcorn, Big Seasonal Salad, Wholemeal Bread and White Bread

Lemon Cake and Custard or Cheese and Crackers

Early Years options: Natural Yogurt with Chopped Fruit or Fresh Fruit Salad or Cheese and Crackers

TUESDAY

Taco Tuesday – Crispy Taco Shell *with a selection of fillings* **BBQ Chicken, Spicy Bean V H, Cheese V H, Vegetable Chilli V H**

Rice, Broccoli, Carrots, Seasonal Salad Selection, Wholemeal Bread and White Bread

Jelly and Cream or Fruit Yoghurt

Early Years options: Natural Yogurt with Chopped Fruit or Fresh Fruit Salad or Cheese and Crackers

WEDNESDAY

Big Breakfast *Pork Sausage Pattie, Free Range Scrambled Egg, Baked Beans*

Vegetarian Sausage **V H**

Potato Waffles, Plum Tomatoes, Baked Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread

Fruit Cheesecake or Cheese and Crackers

Early Years options: Carrot Cake Muffin or Natural Yogurt with Chopped Fruit or Fresh Fruit Salad or Cheese and Crackers

THURSDAY

Macaroni Cheese *Macaroni Pasta in a Chef's Creamy Cheese Sauce* **V H**

Pasta Neapolitan *Pasta in a Chef's Tomato Sauce* **V H**

Cauliflower, Green Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread, Garlic Bread

Flapjack or Fruit Yoghurt

Early Years options: Natural Yogurt with Chopped Fruit or Fresh Fruit Salad or Cheese and Crackers



FRIDAY

Battered Fish *White fillet of Fish coated in a Light Batter or Jumbo Fish Finger White Fillet of Fish coated in Breadcrumbs*

Quorn Dunkers **V H**

Chips, Sweetcorn, Mushy Peas, Garden Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread

Ice Cream or Cheese and Crackers

Early Years options: Natural Yogurt with Chopped Fruit or Fresh Fruit Salad or Cheese and Crackers

MONDAY

Pork Sausage Roll *Farm Assured Pork Sausage Meat wrapped in Puff Pastry*

Homemade Vegetable Roll *Vegetables and Mixed Beans in a Chefs Tomato Sauce wrapped in Puff Pastry* **V H**

Herby Diced Potato, Baked Beans, Green Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread

Shortbread Biscuit or Cheese and Crackers

Early Years options: Natural Yogurt with Chopped Fruit or Fresh Fruit Salad or Cheese and Crackers

TUESDAY

Jacket Potato Bar *with a selection of fillings* **Chicken Curry, Vegetable and Mixed Bean Curry V H, Baked Beans V H, Cheese V H, Tuna H**

Jacket Potato, Broccoli, Carrots, Seasonal Salad Selection, Wholemeal Bread and White Bread

Lemon Cake and Custard or Fruit Yoghurt

Early Years options: Natural Yogurt with Chopped Fruit or Fresh Fruit Salad or Cheese and Crackers

WEDNESDAY

Pizza Bar – Cheese and Tomato Pizza *with a selection of toppings* **V Ham, Peppers, Sliced Onions, Sweetcorn**

Crispy Sliced Potatoes, Cauliflower, Garden Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread

Ice Cream, Cheese and Crackers

Early Years options: Apple and Rasin Muffin or Natural Yogurt with Chopped Fruit or Fresh Fruit Salad or Cheese and Crackers

THURSDAY

Homemade Chicken Dunkers *Chicken Strips in Natural Breadcrumbs*

Quorn Nuggets **V H**

Rice, Green Beans, Sweetcorn, Seasonal Salad Selection, Wholemeal Bread and White Bread

Chocolate Brownie or Fruit Yoghurt

Early Years options: Banana Cake or Natural Yogurt with Chopped Fruit or Fresh Fruit Salad or Cheese and Crackers

FRIDAY

Salmon Fish Star *MSC Salmon and Creamed Potato seasoned in a Crispy Crumb or Battered Fish White fillet of Fish coated in a Light Batter*

Cheese and Potato Puff *Creamed Potato and Cheese wrapped in Puff Pastry* **V H**

Chips, Couscous, Sweetcorn, Garden Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread

Jelly and Cream or Cheese and Crackers

Early Years options: Natural Yogurt with Chopped Fruit or Fresh Fruit Salad or Cheese and Crackers

FUN
FOOD
FACT

Broccoli contains more protein per calorie than steak, but you would have to eat a LOT more broccoli!!

FUN
FOOD
FACT

Nurturing / **GROWING** / Inspiring

Sandwich Option
Packed lunch available

Fresh Fruit available daily. All items subject to availability.

RIPE CRANBERRIES
BOUNCE LIKE
RUBBER BALLS