








WEEK ONE

W/C
30 October
20 November
11 December
15 January
5 February
4 March
25 March

	MONDAY Planet Friendly Day	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option one	Cheese and Tomato Pizza (V) 	Roasted Cauliflower Curry & 50/50 Rice (VE) 	Minced Beef Cottage Pie 	Lentil and Roasted Vegetable Pasty with Mash & Gravy (VE) 	BBQ Chicken and Chips
Option two	Chickpea Tagine with Cous-Cous (VE) 	Fishfingers with New Potatoes	Glamorgan Bean Sausages with Jacket Wedges (V)	Chicken Arrabiata Pasta	Classic Mac & Cheese (V)
Vegetables	Cauliflower (VE) Green Beans (VE) Tabbouleh Power Salad (VE)	Broccoli (VE) Sweetcorn (VE)	Carrots (VE) Cabbage (VE)	Roasted Peppers (VE) Green Beans (VE)	Peas (VE) Baked Beans (VE)
Dessert	Pear Crumble with Custard (V) 	Yoghurt and Fresh Fruit Station (V)	Mandarin Cheesecake (V)	Banana Loaf (V)	Yoghurt and Fresh Fruit Station (V)


WEEK TWO

W/C
6 November
27 November
18 December
22 January
19 February
11 March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option one	Golden Tortilla Stack with 50/50 Rice (V) 	Mexican Bean Fajitas with 50/50 Rice (VE) 	Roast Chicken, Skin on Roast Potatoes and Gravy	Chicken Sausages with Mash Potato & Gravy	Fragrant Butterbean Risotto (VE) 
Option two	Broccoli Pasta Bake (V) 	Beef Lasagne 	Lentil Wellington with Skin on Roast Potatoes (VE) 	Hearty Spaghetti Bolognese (VE) 	Battered Fish & Chips
Vegetables	Roasted Tomatoes (VE) Broccoli (VE)	Sweetcorn (VE) Courgettes (VE)	Cauliflower (VE) Carrots (VE)	Red Cabbage (VE) Green Beans (VE)	Peas (VE) Baked Beans (VE) Roasted Veg Power Salad (VE)
Dessert	Eves Pudding with Custard (V)	Pear & Ginger Slice (V)	Yoghurt and Fresh Fruit Station (V)	5 A Day Cake (V)	Yoghurt and Fresh Fruit Station (V)

WEEK THREE

W/C
13 November
4 December
8 January
29 January
26 February
18 March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option one	Sweet & Sour Butterbeans with 50/50 Rice (VE) 	Spicy Bean Burger with Jacket Wedges (VE) 	Roast Turkey, Mashed Potatoes and Gravy	Roasted Vegetable Pizza (V) 	Salmon Fish Fingers and Chips
Option two	Chickpea & Vegetable Hot Pot with Mash Potato (VE) 	Chicken Tagine with Cous-Cous 	Jollof Rice, Quorn & Beans (V)	Chilli con Carne with 50/50 Rice 	Mexican Enchiladas and Rice (V)
Vegetables	Roasted Peppers (VE) Green Beans (VE)	Sweetcorn (VE) Peas (VE)	Leeks (VE) Carrots (VE)	Broccoli (VE) Cauliflower (VE) Sweet Potato Power Salad (VE)	Peas (VE) Baked Beans (VE)
Dessert	Yoghurt and Fresh Fruit Station (V)	Apple & Raisin Strudel with Custard (V)	Yoghurt and Fresh Fruit Station (V)	Peach Upside Down Cake with Custard (V)	Rice Pudding with Fruit Compote (V)

MENU KEY



Added Plant Power



Planet Friendly Option



Wholemeal

Vegan (VE)

(V) Vegetarian

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised) - Bread freshly baked on site daily - Daily salad selection
- Fresh Fruit and Yoghurt is available daily

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods 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.