

MONDAY

Planet Friendly Day

TUESDAY







WEDNESDAY

THURSDAY

FRIDAY








WEEK ONE

W/C
4th November
25th November
16th December
20th January
10th February
10th March
31st March

Option one	Cheese and Tomato Pizza Slices (V) 	BBQ Chicken and Chips	Glamorgan Bean Sausages with Jacket Wedges and Gravy (V)	Lentil and Roasted Vegetable Pasty with Mash & Gravy (VE) 	Fishfingers with Chips (V)
Option two	Chickpea Tagine with Cous-Cous (VE) 	Classic Mac & Cheese (V)	 Minced Beef Cottage Pie	Chicken Arrabiata Pasta	Roasted Cauliflower Curry & 50/50 Rice (VE) 
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
11th November
2nd December
6th January
27th January
24th February
17th March

Option one	Golden Tortilla Stack with 50/50 Rice (V) 	Creamy Coconut and Chickpea Curry with Rice (VE) 	Hearty Spaghetti Bolognese (VE) 	Lentil Wellington with Mashed Potatoes & Gravy (VE) 	Caribbean Butterbean Stew with Rice and Peas (VE) 
Option two	Broccoli Pasta Bake (V) 	 Beef Lasagne	Roast Chicken, Skin on Roast Potatoes and Gravy	Chicken Sausages with Mash Potato & Gravy	Battered Fish & Chips
Vegetables	Roasted Butternut Squash (VE) Broccoli (VE)	Sweetcorn (VE) Cauliflower (VE)	Roasted Parsnips (VE) Carrots (VE)	Sweetcorn (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
18th November
9th December
13th January
3rd February
3rd March
24th March

Option one	Mexican Bean Fajitas with 50/50 Rice (VE) 	Spicy Bean Burger with Jacket Wedges (VE) 	Jollof Rice, Quorn & Beans (V)	Roasted Vegetable Pizza (V) 	Mexican Enchiladas and Rice (V)
Option two	Chickpea & Vegetable Hot Pot with Mash Potato (VE) 	 Chicken Tagine with Cous-Cous	Roast Turkey, Roast Potatoes and Gravy	 Chilli con Carne with 50/50 Rice 	Fish Fingers and Chips
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 (V, VE) (where advertised) - Bread freshly baked on site daily (VE) - Daily salad selection (V, VE) - Fresh Fruit (VE) and Yoghurt (V) is available daily - Milk (V)

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.

