

# Weekly Menu



Week 1	Save the Planet Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Vegetable and bean chilli with rice Cheese and leek pie	Chicken katsu curry Cottage pie	Italian meatballs with spaghetti Chicken and chorizo paella	Cumberland sausage Gluten free sausage	Fish fingers BBQ pulled pork barms
<b>Vegetarian</b>	Onion bhaji and Asian slaw	Singapore vegetable noodles	Vegetable paella	Quorn vegan sausage	grilled halloumi, roast veg flatbreads
<b>Halal</b>		Halal cottage pie	Halal meatballs with spaghetti	Halal chicken sausage	BBQ pulled chicken barms
<b>Side Options</b>	Roasted new potatoes Jacket Beans	Coriander and lemon rice Jacket Beans	Garlic bread Jacket Beans	Mash & yorkshire puddings Jacket Beans	Salt and pepper chips Jacket Beans
<b>Vegetable</b>	Broccoli Corn on the cob	Mixed root vegetable roast Peas	Cauliflower Savoy cabbage	Peas Roasted carrots	Mushy peas Peas
<b>Dessert</b>	Sprinkles cake Fresh sliced fruit	Chocolate courgette cake Fruit & natural yoghurt	Sticky ginger cake Fruit & natural yoghurt	Chocolate shortbread Fruit & natural yoghurt	Blueberry and lemon drizzle cake Fruit & Natural Yoghurt

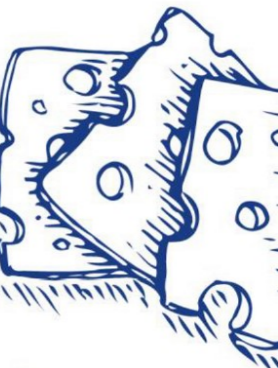




# Weekly Menu



Week 2	Monday	Save the Planet Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Nandos style chicken bar Nachos	Mushroom and spinach biryani  Sweet and sour tempeh	Chicken leek and potato pie Meat and potato pie	Cheese & tomato pizza Pepperoni pizza Chicken paella	Panko chicken wrap Fish fingers
<b>Vegetarian</b>	Mac n cheese with toppings	Quorn sausage rolls	Red lentil, spinach and roasted onion in a garlic and tomato sauce	Pizza Al Fungi	vegetable noodles in a black bean sauce
<b>Halal</b>	Nandos style chicken bar		chicken leek and potato pie	Chicken topped Pizza Vegetable paella	panko chicken wrap
<b>Side Options</b>	Vegetable rice Jacket Beans	Garlic Bread Jacket Beans	Mashed potatoes Jacket Beans	Roasted potato wedges Jacket Beans	French fries Jacket Beans
<b>Vegetable</b>	Stir fried vegetables Peas	Glazed carrots Steam sweetcorn	Broccoli Seasonal honey glazed rainbow carrots	Steamed green beans Cauliflower	Peas & sweetcorn (not mixed) Mushy peas
<b>Dessert</b>	Flapjacks Fruit & natural yoghurt	Mixed Cookies Fruit & natural yoghurt	Jam sponge and custard Fruit & natural yoghurt	Beetroot chocolate brownie Fruit & natural yoghurt	Toffee cake with caramel sauce Fruit & natural yoghurt





# Weekly Menu



Week 3	Monday	Tuesday	Save the Planet Wednesday	Thursday	Friday
<b>Mains</b>	Chicken tikka masalla	Beef lasagne	Singapore tofu noodles Mac n cheese	Chilli beef Chicken and peppers cantonese style	Fish fingers Chicken fajitas Battered cod with tartar sauce
<b>Vegetarian</b>	Quorn tikka masala Sweet potato, chic pea and spinnach curry	Vegetable lasagne Mushroom carbonara	Mediterranean vegetable quiche	Quorn burritos	Quorn goujons
<b>Halal</b>	Halal chicken tikka masalla	Halal beef lasagne		Halal chilli beef	Chicken fajitas
<b>Side Options</b>	Poppadums and chutneys Rice / Naan Jacket Beans	Garlic bread Jacket Beans	Rosemary baby roast potatoes Jacket Beans	Boiled rice / nachos Jacket Beans	Chunky chips & tomato sauce Jacket Beans
<b>Vegetable</b>	Dhaal	Steamed broccoli Roasted carrots	Sweetcorn Peas	Seasonal roasted vegetable Sweetcorn	Mushy peas Peas
<b>Dessert</b>	Marble cake and custard Fruit & natural yoghurt	Cookie dough slice Fruit & natural yoghurt	Lemon bakewell slice Fruit & natural yoghurt	Toffee apple crumble slice Fruit & natural yoghurt	Chocolate crunch Fruit & natural yoghurt





# Weekly Menu



Week 4	Monday	Tuesday	Wednesday	Save the Planet Thursday	Friday
<b>Mains</b>	Cheese burger Chipotle chicken burger	Salt and pepper chicken stirfry Homemade sausage rolls	Chicken and chorizo pasta	Cheese & Tomato Pizza Spicy vegetable pizza	Cajun chicken and chorizo jambalaya Fish fingers Battered cod with tartar sauce
<b>Vegetarian</b>	Spicy bean burger	Thai vegetable and coconut curry	Cauliflower, leek and cheese pasta bake	Olive, feta sundried tomato pizza Gluten dairy free pizza	Fried tofu and three greens hoi sin noodles
<b>Halal</b>	Halal cheese burger	Salt and pepper chicken stirfry	Chicken, pesto and rocket penne		Battered cod with tartar sauce
<b>Side Options</b>	Baby rosemary roast Jacket Beans	Mashed potatoes Vegetable rice Jacket Beans	Lyonnaise potatoes Jacket Beans	Roasted Potato Wedges Jacket Beans	French Fries Jacket Beans
<b>Vegetable</b>	Glazed carrots Steam sweetcorn	Stir fried vegetables Peas	Broccoli Seasonal Honey glazed Rainbow Carrots	Steamed Green Beans Cauliflower	Peas & Sweetcorn (not mixed) Mushy peas
<b>Dessert</b>	St clements sponge cake Fruit & natural yoghurt	Fruity flapjacks Fruit & natural yoghurt	Tiffin cake Fruit & natural yoghurt	Mississippi mud pie Fruit & natural yoghurt	Ice cream Fruit & natural yoghurt

