| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Soup | Soup of the Day Served with Crusty Bread |  |  |  |  |
| Main Course 1 | Local Sausages with Fried Onions \& Gravy | Chicken Shawarma with Khobez Flatbreads with Minted Cabbage and Humus \& Tzatziki | Chicken \& Prawn Paella | Katsu Chicken \& Curry Sauce | BBQ Chicken \& Sweetcorm Pizza <br> Slices |
| Main Course 2 | Steak \& Mushroom Fill Pie | Lamb Moussaka | Beef Bolognaise | Char Sui Pork with Noodles and Beansprouts | Chese \& Bacon Turnovers |
| Vegetarian | Vegetarian Sausages with Fried Onions \& Gravy | Homemade Falafel on Khobez Flatbreads with Minted Cabbage and Humus \& Tzatziki | Cheese \& Potato Layer Pie | Plant Based Katsu 'chicken' | Ravioli in a Homemade Tomato \& Basil Sauce |
| Potato/Carbs | Mashed Potatoes | Lightly Spiced Roasted Baby New Potatoes | Medley of Pasta - Tricolour and wholewheat | Steamed Rice | Chips |
| Vegetables | Garden Peas Carrots | Honey Roasted Carrot Steamed Green Beans with Sesame | Sweetcorn | Stir Fry Vegetables with Sesame Soy \& Garlic | Baked Beans Garden Peas |

Jacket Potato/Pasta
Bar
Freshly Cooked Oven Baked Potatoes Served Daily With Choice Of Baked Beans, Tuna Mayo

Assorted Salad items Daily, Including Lettuce, Cucumber \& Tomato, Freshly made slaw, and Compound Salads

| Red Cherry Crumble and Cream | Rice Pudding with Fruit Compote | Chocolate Sponge \& Chocolate <br> Custard | Waffle-Berry Pudding \& Cream | Chefs Choice |
| :--- | :--- | ---: | ---: | :---: |

Cold Desserts \& Fruit

A Selection Of Dessert, Yoghurt Pots, Jelly, Fruit Salad \& Sliced Seasonal Fruits


Jacket Potato/Pasta Bar

Salad Bar
Deli Bar

Freshly Cooked Oven Baked Potatoes Served Daily With Choice Of Baked Beans, Tuna Mayo

Assorted Salad items Daily, Including Lettuce, Cucumber \& Tomato, Freshly made slaw, and Compound Salads
A Selection Of Homemade Grab \& Go, Deli Style Sandwiches, Wraps \& Baguettes

| Strawberry Shortcake \& Cream | Pear \& Toffee Crumble with <br> Custard | Rice Pudding with Fruit Compote | Black Forest Sponge \& Vanilla <br> Cream |  |
| :---: | :---: | :---: | :---: | :---: |

Cold Desserts \&
A Selection Of Dessert, Yoghurt Pots, Jelly, Fruit Salad \& Sliced Seasonal Fruits
Fruit

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Soup | Soup of the Day Served with Crusty Bread |  |  |  |  |
| Main Course 1 | Chicken Kiev | Creamy Chicken \& Mushroom With Garlic Bread | Roast Pork, Stuffing and Apple <br> Sauce - With optional Bap | Chicken Korma With Accompaniments | Breaded Fish with Homemade Tartare Sauce |
| Main Course 2 | Homemade Mince \& Onion Pie | Meat Feast Sauce With Garlic Bread | Hunters Chicken Bake with Cheesy Crunchy Nacho Crust | Beef Madras with Peppers Cheese \& Tomato Pasta (Additional Jr School option) | Cornish Pasties |
| Vegetarian | Creamy Garlic Mushrooms in a Pastry Tart | Chunky Roasted Vegetable, Tomato and Basil | Broccoli \& Stilton Quiche | Butternut Squash \& Chickpea Masala | Cheese \& Tomato Turnovers |
| Potato/Carbs | Steamed Buttered Baby New Potatoes | Medley of Pasta - Tricolour and wholewheat | Roast Potatoes | Pilaf Rice | Chips |
| Vegetables | Steamed Broccoli Steamed Green Beans | Garden Peas Sweetcorn | Steamed Carrots | Cauliflower \& Spinach Curry Garden Peas | Baked Beans Mushy Peas |

Jacket Potato/Pasta
Bar Bar

Freshly Cooked Oven Baked Potatoes Served Daily With Choice Of Baked Beans, Tuna Mayo

Assorted Salad items Daily, Including Lettuce, Cucumber \& Tomato, Freshly made slaw, and Compound Salads
Deli Bar

A Selection Of Homemade Grab \& Go, Deli Style Sandwiches, Wraps \& Baguettes

|  <br> Custard |  <br> Cream | Rice Pudding with Fruit Compote | Jam Sponge \& Custard | Chefs Choice |
| :---: | :---: | :---: | :---: | :---: |

A Selection Of Dessert, Yoghurt Pots, Jelly, Fruit Salad \& Sliced Seasonal Fruits

