

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

21ST APRIL
12TH MAY
9TH JUNE
30TH JUNE

**MAIN
MEALS**

21ST JULY
1ST SEPT
22ND SEPT
13TH OCT

Option One

Caribbean Butterbean Stew (VE) with Rice and Peas (VE)



Creamy Chickpea and Coconut Curry (VE) with 50/50 Wholemeal Rice (VE) and Homemade Flatbread (VE)



Soya Mince Cottage Pie (VE) with Gravy (VE)



Creamy Cheese and Butterbean Macaroni (V) with Garlic and Herb Bread (VE)



Homemade Beetroot and Lentil Burger (VE) with Chips (VE)

Option Two

Vegetarian Lasagne with Herby Garlic Bread



Chicken Jollof Rice



Cottage pie
With Gravy

BBQ Quorn (VE) with New Potatoes (VE)



Wholemeal Tuna Pasta Bake with Tomato and Herb Bread



Option Three

Jacket Potato with Salmon Mayonnaise

Jacket Potato (VE) with Cheese (V) or Vegan Sheese (VE)



Jacket Potato (VE) with Baked Beans (VE)



Jacket Potato (VE) with Five Bean Chilli (VE) and Rainbow Slaw d (VE)



Jacket Potato (VE) with Chickpea Curry (VE)



Vegetables

Sweetcorn (VE)
Cauliflower (VE)



Carrots (VE)
Courgettes (VE)



Cauliflower (VE)
Green Beans (VE)



Broccoli (VE)
Red Cabbage (VE)



Carrots (VE)
Peas (VE)



Salad Bar

Roasted Chickpea Salad (VE)
Carrot Sticks (VE)
Mixed Lettuce (VE)
Diced Peppers (VE)
Coleslaw (V)



Beetroot and Orange Salad (VE)
Tomato Pasta (VE)
Olives (VE)
Lettuce (VE)
Tomatoes (VE)



Roasted Sweet Potato (VE)
Lettuce (VE)
Pepper Sticks (VE)
Cucumber (VE)
Carrot Sticks (VE)



Rainbow Slaw (VE)
Green Beans (VE)
Cucumber (VE)
Tabbouleh Salad (VE)
Beetroot (VE)



Lettuce (VE)
Tomatoes (VE)
BBQ Noodle Salad (V)
Grated Carrot (VE)
Sweetcorn (VE)



DESSERT

Dessert

Yoghurt (V) and Fresh Fruit (VE)



Wholemeal Peach and Carrot Cake (V) & Custard (VE)



Yoghurt (V) with Fresh Fruit (VE)



Yoghurt (V) and Fresh Fruit (VE)



Strawberry Jelly with Peaches and Mandarins (VE)



MENU KEY



Added Plant Protein (50% of the protein is from a plant-based source)



Wholemeal



Planet Friendly, Low Carbon Option



Local Red Tractor Meat



Local, Seasonal Fruit & Veg (V) Vegetarian (VE) Vegan

ALLERGY INFORMATION:

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Available Daily: - Freshly cooked jacket potatoes with a choice of fillings (V/VE) - A choice of flavoured breads freshly baked on site daily (VE) - Daily salad selection (V/VE) - Fresh Fruit (VE) - Natural Yoghurt (V) - Drinking Milk (V)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28TH APRIL
19TH MAY
16TH JUNE
7TH JULY
8TH SEPT

MAIN MEALS

29TH SEPT
20TH OCT

Option One

Spicy Vegetable
Lentil Couscous (VE)
with
Sweetcorn Bread (VE)

Chickpea and
Vegetable
Biryani V(VE)
with Turmeric
Bread (VE)

Quorn and Black
Bean Fajitas V(VE)
with Mexican Rice
(VE)

Beetroot, Butternut
Squash and Lentil
Wellington V(VE)
with Mashed Potatoes
and Gravy (VE)

Wholemeal Cheese
and
Tomato Quiche (V)
with Steamed New
Potatoes (VE)

Option Two

5bean Mexican Chilli
(VE) with 50/50
Wholemeal Rice (VE),
and Sweetcorn
Bread (VE)

Hearty Beef & Lentil
Bolognese
with Wholemeal
Penne

Roast Turkey, Stuffing
, Mashed Potatoes
and
Gravy

Caribbean Spiced
Chicken Curry
with Rice and Peas

Breaded Fish with
Chips and Tomato
Sauce

Option Three

Jacket Potato (VE)
with Cheese (V) or
Vegan Sheese
(VE)

Jacket Potato (VE) with
Baked Beans (VE)

Jacket Potato with
Tuna and Sweetcorn
Mayonnaise **F12**

Jacket Potato (VE) with
Five Bean Chilli (VE) and
Rainbow
Slaw (VE)

Jacket Potato (VE) with
Lentil Bolognese (VE)

**VEGETABLES
AND SALAD**

Vegetables

Peas (VE)
Cauliflower (VE)

Carrots (VE)
Courgettes (VE)

Cauliflower (VE)
Green Beans (VE)

Broccoli (VE)
Red Cabbage (VE)

Peas (VE)
Baked Beans (VE)

Salad Bar

Grated Carrot (VE)
Cucumber Sticks (VE)
Sweet Potato Power
Salad (VE)
Tomato Salsa (VE)
Beetroot (VE)

Lettuce (VE)
Tomato Pasta (VE)
Olives (VE)
Carrot Sticks (VE)
Cucumber Slices (VE)

Roasted Vegetable
and Lentil Salad (VE)
Carrot Sticks (VE)
Mixed Lettuce (VE)
Green Beans (VE)
Diced Pepper (VE)

Coleslaw (V)
Mixed Bean Salad (VE)
Cucumber (VE)
Pepper Sticks (VE)
Sweetcorn (VE)

Beetroot (VE)
Rainbow Slaw (VE)
Iceberg Lettuce (VE)
Tomatoes (VE)
Couscous Salad (VE)

DESSERT

Dessert

Yoghurt (V) and Fresh
Fruit (VE)


Mandarin Sponge Cake
with Custard (VE)

Yoghurt (V) and Fresh
Fruit (VE)

Yoghurt (V) and Fresh
Fruit (VE)

Peach and Strawberry
Crumble (VE)
with Custard (VE_)


MENU KEY

 Added Plant Protein
(50% of the protein
is from a plant-
based source)

 Wholemeal

 Planet Friendly, Low
Carbon Option

 Local Red
Tractor Meat

 Local, Seasonal
Fruit & Veg
(V) Vegetarian
(VE) Vegan

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5TH MAY
2ND JUNE
23RD JUNE
14TH JULY

MAIN
MEALS

15TH SEPT
6TH OCT

Option One

Lentil and Sweet Potato Curry (VE) with 50/50 Wholemeal Rice (VE) and Turmeric Bread (VE)



Turkish Vegan Soya Kofta (VE) with Lemon and Herb Couscous, Homemade Flatbread and Houmous (VE)



Rainbow Pizza Slices (V) with Pasta Salad (VE)



Chinese Black Bean Vegetable Noodles (V)



Lentil and Basil Whirl (VE) with Steamed New Potatoes (VE)

Option Two

Salmon Fishfingers with Steamed New Potatoes

Tomato, Lentil and Roasted Vegetable Wholemeal Penne Pasta (VE)



Chicken Tikka Masala with 50/50 Wholemeal Rice



Beef & onion Pie Sweet Potato wedges



Peri-Peri Chicken with Chips, Sweetcorn Salsa and Roasted vegetable and Olive Bread



Option Three

Jacket Potato with Lentil Bolognese(VE)

Jacket Potato (VE) with Baked Beans (VE)



Jacket Potato (VE) with Cheese (V) or Vegan Sheese (VE)



Jacket Potato (VE) with Chickpea curry (VE)



Jacket Potato with Tuna and Sweetcorn Mayonnaise

VEGETABLES
AND SALAD

Vegetables

Baked Beans (VE)
Broccoli (VE)



Carrots (VE)
Peppers (VE)



Peas (VE)
Cauliflower (VE)



Sweetcorn (VE)
Carrots (VE)



Coleslaw (V)
Green Beans (VE)



Salad Bar

Tomatoes (VE)
Beetroot (VE)
Grated Carrot (VE)
Butternut Squash (VE)
Mixed Lettuce (VE)



Rainbow Slaw (VE)
Olives (VE)
Cucumber Sticks (VE)
Green Bean Salad (VE)
Vegetable Pasta Salad (VE)



Sweet Potato Salad (VE)
Carrot Sticks (VE)
Diced Pepper (VE)
Sweetcorn Salsa (VE)
Tomatoes (VE)



Apple and Raisin Salad (V)
Cucumber Slices (VE)
Grated Carrot (VE)
Mixed Lettuce (VE)
Pepper Sticks (VE)



Mixed Bean Salad (VE)
Beetroot (VE)
Iceberg Lettuce (VE)
Tomatoes (VE)
Couscous Salad (VE)



DESSERT

Dessert

Yoghurt (V) and Fresh Fruit (VE)



Yoghurt (V) and Fresh Fruit (VE)



Apple and Pear Crumble with Custard



Pineapple Upside Down Cake



Yoghurt (V) and Fresh Fruit (VE)



MENU KEY

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Wholemeal

Planet Friendly, Low Carbon Option



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Local, Seasonal Fruit & Veg (V) Vegetarian (VE) Vegan

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