

Week 3 - Monday

Lunch

Chicken stir fry (H)

Tender strips of chicken breast pan fried with onions, peppers and oriental spices, served with soft noodles.

Cumberland sausage

A meaty cumberland sausage served with onions.

Vegetable stir fry (V)

A mixture of vegetables in oriental spices served with soft noodles.

Vegetables

Baby carrots

Garden peas

Potatoes

Parsley new potatoes

Light Bites

Pasta bar

Served with a choice of sauces.

Sandwich bar

A selection of breads and fillings.

Sweet of the Day

Chocolate eclairs

Cold Sweets

A choice of yoghurts, jelly or fresh fruit



Week 3 - Tuesday

Lunch

Jumbo fish fingers

Crispy coated white fish fingers.

Assorted meat pizzas

A selection of meat topped pizzas.

Vegetarian pizza (V) (H)

A selection of vegetable topped pizzas.

Vegetables

Baked beans

Sweetcorn

Potatoes

Rustic potato wedges

Light Bites

Jacket potatoes

Served with a choice of fillings.

Sandwich bar

A selection of breads and fillings.

Sweet of the Day

Lemon drizzle cake

Cold Sweets

A choice of yoghurts, jelly or fresh fruit



Week 3 - Wednesday

Lunch

Honey roast gammon

A gammon joint which has been coated in honey and brown sugar and baked, served with a Yorkshire pudding and apple sauce.

Roasted vegetable pasta bake (V) (H)

A mixture of vegetables, in a tomato sauce mixed with penne pasta and topped with cheese and baked until golden.

Vegetables

Baton carrots

Broccoli florets

Potatoes

Roasted potatoes

Light Bites

Pasta bar

Served with a choice of sauces.

Sandwich bar

A selection of breads and fillings.

Sweet of the Day

Syrup sponge with custard

Cold Sweets

A choice of yoghurts, jelly or fresh fruit



Week 3 - Thursday

Lunch

Italian meatballs (H)

A classic Italian meal of beef meatballs in tomato sauce and served with pasta.

Bacon chop

A chunky bacon chop served in a fried onion gravy.

Vegan meatballs (V)

A classic Italian meal with a vegan twist.

Vegetables

Sweetcorn

Whole green beans

Potatoes

Paprika potatoes

Light Bites

Jacket potatoes

Served with a choice of fillings.

Sandwich bar

A selection of breads and fillings.

Sweet of the Day

Churros loops

Cold Sweets

A choice of yoghurts, jelly or fresh fruit



Week 3 - Friday

Lunch

Battered fillet of cod

An oven baked cod fillet, served with tartare sauce.

Pasta bolognese (H)

A classic mix and minced beef and onions, in a rich herby tomato sauce, mixed with pasta and topped with cheese and grilled.

Spiced aubergine curry (V)

Chunky aubergines, onions and peas combined with curry spices and served with rice and mini naan bread.

Vegetables

Baked beans

Garden peas

Potatoes

Chipped potatoes

Light Bites

Pasta bar

Served with a choice of sauces.

Sandwich bar

A selection of breads and fillings.

Sweet of the Day

Classic cornetto

Cold Sweets

A choice of yoghurts, jelly or fresh fruit

