

Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Fish Option	Macaroni Cheese Creamy Cheesy Macaroni in a Cheese Sauce	Chicken Grill 100% Chicken grill baked and served in a bun	Chicken Enchilada's 100% Chicken Breast in a Mild BBQ Sauce	Sausages in Onion Gravy Traditional Pork Sausages	100% Cod Fillet of Fish
Vegetarian Option	Vegetable Crumble Quorn and Seasonal Vegetables topped with a Crispy Crumb	Southern Style Quorn Grill Quorn in a Crispy crumb	Quorn & Vegetable Wrap Made with Spicy Vegetables	Glamorgan Sausage Vegetable Sausages	Pepper And Onion Roll Made with Peppers and Onion
Vegetables	Broccoli Florets Salad	Carrot Batons Sweetcorn	Mixed Vegetables	Mixed Beans Garden Peas	Garden Peas Baked Beans
Carbohydrate	Macaroni	Potato Wedges	50/50 Whole wheat & White Rice	Mashed Potato	Low Fat Chips
Jacket	Tuna Sweetcorn	Chargrilled Vegetables	Baked Beans	Coronation Chicken	Coleslaw
Sweet Choice	Fruit Crumble & Custard Yoghurt Fresh Fruit Slices	Fresh Fruit Salad Yoghurt Fresh Fruit Slices	Rice Krispie Cake Yoghurt Fresh Fruit Slices Cheese & Crackers	Yoghurt Fresh Fruit Slices Cheese & Crackers	Lime & Coconut Cake Yoghurt Fresh Fruit Slices
Salad Bar Specials	Moroccan Cous Cous	Beetroot and Carrot	Quinoa Salad	Mixed Bean & Feta	Roasted Vegetable
Daily Salad Bar	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot
Pre-Reception & Reception Morning Snack	Muffin, Fruit & Milk	Rice Cake, Fruit & Milk	Wholemeal Toast, Fruit & Milk	Vegetable Sticks, Fruit & Milk	Bread, Fruit & Milk

Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Fish Option	Tuna Pasta Bake Tuna with Whole Wheat Pasta in a White Sauce	Roast Chicken & Stuffing Balls Traditional roast chicken served with all the trimmings	Chicken Curry 100% Chicken Breast in a Mild Curry Sauce	Beef Lasagne Minced Beef in a Tomato and White Sauce between layers of Pasta	100% Salmon Fish Cake
Vegetarian Option	Mediterranean Mixed Veg Pasta Bake Made with Quorn and Mediterranean Vegetables	Vegetable & Cheese Savoury Slice Made with Vegetables and Cheese in Shortcrust Pastry	Vegetable Biryani Seasonal Vegetables Rice with mild Curry Spices	Quorn Lasagne Quorn in Tomato Sauce with White sauce Between Layers of Pasta	Vegetable Grill Made with Mixed Vegetables in a Crispy Crumb
Vegetables	Broccoli Florets Salad	Carrot Batons White Cabbage	Mixed Vegetables Naan Bread	Sweetcorn Salad	Garden Peas Baked Beans
Carbohydrate	Pasta	Roasted Potatoes	50/50 Rice	Whole wheat Pasta	Low Fat Chips
Jacket	Tuna Sweetcorn	Chargrilled Vegetables	Baked Beans	Coronation Chicken	Coleslaw
Sweet Choice	Chocolate Cake & Chocolate Sauce Yoghurt Fresh Fruit Slices	Fresh Fruit Salad Yoghurt Fresh Fruit Slices	Ginger & Pear Sponge Yoghurt Fresh Fruit Slices Cheese & Crackers	Waffles & Sauce Yoghurt Fresh Fruit Slices Cheese & Crackers	Chocolate mousse Yoghurt Fresh Fruit Slices
Salad Bar Specials	Moroccan Cous Cous	Mozzarella & Tomato	Fruity Pasta Salad	Roasted Vegetables	Provençale Bean
Daily Salad Bar	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot
Pre-Reception & Reception Morning Snack	Muffin, Fruit & Milk	Rice Cake, Fruit & Milk	Wholemeal Toast, Fruit & Milk	Vegetable Sticks, Fruit & Milk	Bread, Fruit & Milk

Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Fish Option	Spaghetti Bolognese Minced Beef in a Rich Tomato Sauce	Jacket Potato Day Served with a choice of toppings	Lamb Meatballs Lamb Meatballs served in a slightly Spicy Tomato Sauce	Hunters Chicken Chicken and Vegetables in a Warming Sauce	100% Cod Fish Fingers
Vegetarian Option	Vegetable Bolognese Quorn and Vegetable Chunks in a Spicy Tomato Sauce	Broccoli & Cheese Bake Made with Broccoli and Cheese in Filo Pastry	Vegetable Meatballs Served in Tomato Sauce	Cheese & Onion Quiche Mixed Cheese & Onion in Shortcrust Pastry	Vegetable Fingers Made with Mixed Vegetables in a Crispy Crumb
Vegetables	Sweetcorn Salad	Carrot Sliced Broccoli Florets	Mixed Vegetables Flatbread	Green Beans Winter Vegetable Medley	Garden Peas Baked Beans
Carbohydrate	Spaghetti Garlic Bread	Baked Potatoes	50/50 Whole wheat & White Rice	New Potatoes	Low Fat Chips
Jacket	Tuna Sweetcorn	Chargrilled Vegetables	Baked Beans	Coronation Chicken	Coleslaw
Sweet Choice	Carrot Cake Yoghurt Fresh Fruit Slices	Fresh Fruit Salad Yoghurt Fresh Fruit Slices Cheese & Crackers	Raspberry & Apple Sponge Yoghurt Fresh Fruit Slices	American Pancakes & Vanilla sauce Yoghurt Yoghurt Fresh Fruit Slices Cheese & Crackers	Millionaire's Shortbread Yoghurt Fresh Fruit Slices
Salad Bar Specials	Moroccan Cous Cous	Curried Rice Salad	Pasta Salad	Roasted Vegetables	Fruity Coleslaw
Daily Salad Bar	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot	Lettuce, Sweetcorn Tomatoes, Plain Pasta Cucumber, Grated Carrot
Pre-Reception & Reception Morning Snack	Muffin, Fruit & Milk	Rice Cake, Fruit & Milk	Wholemeal Toast, Fruit & Milk	Vegetable Sticks, Fruit & Milk	Bread, Fruit & Milk