

Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Fish Option	Macaroni Cheese Creamy Cheesy Macaroni in a Cheese Sauce	Margarita Pizza Traditional Stone Baked Pizza with Cheese Topping	BBQ Chicken 100% Chicken Breast in a Mild BBQ Sauce	Sausages Pork Sausages with Mixed Beans	100% Cod Fillet of Fish
Vegetarian Option	Vegetable Crumble Quorn and Seasonal Vegetables topped with a Crispy Crumb	Roasted Vegetable Pizza Topped with Sweet Mediterranean Vegetables	Vegetable Samosa 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 Salad Sticks	Garden Peas Baked Beans
Carbohydrate	Macaroni	Potato Wedges	50/50 Whole wheat & White Rice	Fusilli Spirals	Low Fat Chips
Jacket	Tuna Sweetcorn	Cheese & Spring Onion	Baked Beans	Italian Chicken	Coleslaw
Sweet Choice	Cherry Sponge Yoghurt Fresh Fruit Slices	Fresh Fruit Salad  Yoghurt Fresh Fruit Slices	Cheesecake Yoghurt Fresh Fruit Slices Cheese & Crackers	Chocolate Crunch Yoghurt Fresh Fruit Slices Cheese & Crackers	Muffins Yoghurt Fresh Fruit Slices
Salad Bar Specials	Mediterranean Spiced Cous Cous	Beetroot and Carrot	Fruity Pasta Salad	Roasted Vegetables	Tomato Basil and Feta
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	Plain Pancake, Fruit & Milk

Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Fish Option	Ham Carbonara Diced Ham with Whole Wheat Pasta in a Cheese Sauce	Roast Chicken & Pigs in Blankets Traditional roast chicken served with all the trimmings	Chicken Oriental 100% Chicken Breast in a Sweet N Sour Sauce	Beef Chilli Minced Beef in a Mild Chilli Sauce	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	Quorn Escalope Spicy Quorn Escalope	Cheesy Filled Jacket Skins Mixed Cheese & Onion in a Creamy potato	Vegetable Grill Made with Mixed Vegetables in a Crispy Crumb
Vegetables	Broccoli Florets Salad	Carrot Batons Spring Greens	Mixed Vegetables Pitta Bread	Sweetcorn Salad	Garden Peas Baked Beans
Carbohydrate	Pasta	Roasted Potatoes	Noodles	50/50 Rice	Low Fat Chips
Jacket	Tuna Sweetcorn	Chargrilled Veg	Baked Beans	Italian Chicken	Coleslaw
Sweet Choice	Pineapple and Coconut Sponge Yoghurt Fresh Fruit Slices	Fresh Fruit Salad Yoghurt Fresh Fruit Slices	Fruity Flapjack Yoghurt Fresh Fruit Slices Cheese & Crackers	Chocolate Surprise Cake Cake Yoghurt Fresh Fruit Slices Cheese & Crackers	Iced Buns Yoghurt Fresh Fruit Slices
Salad Bar Specials	Mediterranean Spiced Cous Cous	Beetroot and Carrot	Fruity Pasta Salad	Roasted Vegetables	Tomato Basil and Feta
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	Pancake, 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	Quiche Ham and Vegetables in a Shortcrust Pastry	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 Spring 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	Cheese & Spring Onion	Baked Beans	Italian Chicken	Coleslaw
Sweet Choice	Gingerbread Yoghurt Fresh Fruit Slices	Fresh Fruit Salad Yoghurt Fresh Fruit Slices Cheese & Crackers	Chocolate Cracknell Yoghurt Fresh Fruit Slices	Jelly & Ice Cream Yoghurt Fresh Fruit Slices Cheese & Crackers	Millionaire's Shortbread Yoghurt Fresh Fruit Slices
Salad Bar Specials	Mediterranean Spiced Cous Cous	Beetroot and Carrot	Fruity Pasta Salad	Roasted Vegetables	Tomato Basil and Feta
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	Pancake, Fruit & Milk