

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK ONE:** commencing Monday 20 February and Monday 13 March 2023 | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main meal (non-vegetarian)** | Spaghetti Bolognese | Pork sausages\* | Thai chicken curry | Turkey piccata | Fish and chips |
| **Main meal (vegetarian)** | Vegetarian Spaghetti Bolognese with lentils | Vegetarian Quorn sausages | Vegetable curry | Grilled tofu steak | Vegetable omelette and chips |
| **Vegetables/ Side dishes** | Broccoli | Mashed potato, baked beans and Yorkshire puddings | Rice and poppadoms | Roast sweet potato, red peppers and mangetout | Peas |
| **Breads, sauces and condiments** | Garlic bread | Gravy | Mango chutney | Olive ciabatta | Tartare sauce |
| **Feature Salad** | Greek salad - feta, cucumber, olives, tomatoes | Lentils and pomegranate | Fig, rocket and crispy prosciutto | Mixed leaf, tomato, red onions and cucumber | Goats cheese and beetroot |
| **Soups** | Carrot and orange | Minestrone | Pea | French Onion | Sweet potato and butternut squash |
| **Feature filling Baked potatoes** | Grated cheese / soured cream | Tuna melt | Baked beans / Grated cheese | Egg mayonnaise / Baked beans | Cottage cheese and chives |
| **Feature filling Wraps** | Peri peri chicken | Cream cheese / cucumber slices | Tuna mayonnaise | Mozzarella chunks / nut-free pesto | Coronation chicken |
| **Fresh fruit of the day** | Blackberries | Pineapple slices | Sliced grapes | Mango | Blueberries |
| **Dessert** | Marble cake | Fruit yoghurt pots | Banana split | Rice pudding | Strawberry cheesecake |
| Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day | | | | |
| \*Other meat alternatives like grilled chicken are available to those who don't eat pork  \* Please note that a number of these options are gluten-free, vegan and all food served is nut-free i.e. pesto  **DISLAIMER:** Please note that slight changes may be made to this menu depending on the availability of certain food products | | | | | |



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK TWO:** commencing Monday 27th February and Monday 20th March 2023 | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main meal (non-vegetarian)** | Pasta carbonara | Beef chilli con carne | Roast pork\* | Baked Salmon fillet | Chicken and chips |
| **Main meal (vegetarian)** | Pasta with tomato and basil sauce | Vegetarian chilli | Grilled aubergine parmigiana | Pasta with pesto\*sauce | Frittata and chips |
| **Vegetables/ Side dishes** | Kale | Wholegrain Rice | Mashed potato and green beans | New potatoes and steamed green vegetables | Peas |
| **Breads, sauces and condiments** | Parmesan cheese, mayonnaise (for wraps) | Tortillas, soured cream and guacamole | Apple sauce and gravy | Hollandaise sauce, chilli mayonnaise | Honey glaze sauce (for chicken) |
| **Feature Salad** | Caesar salad | Grilled halloumi | Tomato, avocado and mozzarella salad | Chickepea, feta, mint and red pepper | Pasta salad with pesto\* |
| **Soups** | Leek and potato | Roast tomato soup | Lentil soup | Asian-style noodle soup (with/without chicken) | Minestrone |
| **Feature filling Baked potatoes** | Goats cheese/ red pepper | Beef chilli / vegetarian chilli | Baked beans / grated cheese | Tuna mayonnaise / grated cheese | Egg mayonnaise/ Baked Beans |
| **Feature filling Wraps** | Plain chicken strips | Ham / cheese | Tuna melt | Coronation chicken | Cream cheese / cucumber slices |
| **Fresh fruit of the day** | Blueberries | Strawberries | Mango | Pineapple slices | Sliced grapes |
| **Dessert** | Chocolate Mousse | Victoria Sponge | Apple Crumble | Fruit yoghurt pots | Crème caramel |
| Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day | | | | |
| \* Please note that a number of these options are gluten-free, vegan and all food served is nut-free i.e. pesto  **DISLAIMER:** Please note that slight changes may be made to this menu depending on the availability of certain food products | | | | | |



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK THREE:** commencing Monday 6th March and Monday 27th March | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main meal (non-vegetarian)** | Meatballs in tomato sauce | Grilled chicken | Lamb kofta or chicken kebabs | Beefburger /chicken burger | Fish fingers |
| **Main meal (vegetarian)** | Quornballs in tomato sauce | Green vegetable stir fry | Ratatouille | Grilled halloumi and mushroom burgers | Quorn nuggets |
| **Vegetables/ Side dishes** | Wholegrain rice and green vegetables | Plain noodles | Couscous | Chips, edamame beans | New potatoes, broccoli |
| **Breads, sauces and condiments** | Garlic bread | Soy, honey and ginger sauce | Tzatziki and pitta breads | Burger buns | Tomato sauce |
| **Feature Salad** | Grilled halloumi and avocado | Mixed leaf, tomato, red onion and cucumber | Tabouleh and quinoa salad with cucumber and tomato | Lentil and pomegranate | Fig, rocket and crispy prosciutto |
| **Soups** | Carrot and pumpkin | Miso soup | Broccoli and stilton | Pea | French onion with cheesy croutons |
| **Feature filling Baked potatoes** | Shredded BBQ chicken and sweetcorn | Baked beans / Grated cheese | Ratatouille / soured cream | Tuna melt | Cottage cheese and chives |
| **Feature filling Wraps** | Tuna mayonnaise | Egg mayonnaise / Bacon | Hummus / tzatziki | Ham / cheese | Plain chicken strips |
| **Fresh fruit of the day** | Mango | Blackberries | Strawberries | Pineapple slices | Raspberries |
| **Dessert** | Victoria Sponge | Sticky toffee pudding | Lemon tart | Fruit yoghurt pots | Apple crumble |
| Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day | | | | |
| \*Other meat alternatives like grilled chicken are available to those who don't eat pork  \* Please note that a number of these options are gluten-free, vegan and all food served is nut-free i.e. pesto  **DISLAIMER:** Please note that slight changes may be made to this menu depending on the availability of certain food products | | | | | |