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| **WEEK ONE:** Monday 4th September, Monday 25th September | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main meal (non-vegetarian)** | Spaghetti Bolognese | Pork sausages\* | Lamb kebabs | Turkey fajitas | Baked salmon fillet |
| **Main meal (vegetarian)** | Vegetarian spaghetti Bolognese with lentils | Vegetarian sausages | Halloumi, courgette and red pepper kebabs | Vegetable fajitas | Pasta with pesto |
| **Vegetables/ Side dishes** | Broccoli | Mashed potatoes, baked beans and grilled tomatoes | Ratatouille and couscous | Wholegrain rice and roasted cauliflower | Roasted sweet potatoes and red peppers, tenderstem |
| **Breads, sauces and condiments** | Dough balls | Gravy | Chilli /siracha sauce | Guacamole and soured cream | Hollandaise sauce |
| **Feature Salad**   * With toppings like pumpkin/sunflower seeds, croutons and chilli flakes | Greek salad – tomatoes, cucumber, olives, red onion and feta | Lentil and pomegranate | Quinoa, feta and pomegranate salad | Grilled halloumi and roast vegetable salad | Chickpea, feta,mint and red pepper |
| **Soups** | Carrot and orange | Pea | Miso | Tomato and red pepper | Asian style noodle soup (with and without chicken) |
| **Feature filling Baked potatoes** | Spag/veg bol/grated cheese | Baked beans/grated cheese | Tuna mayo | Fajitas (veg and meat), grated cheddar | Turkey and sweetcorn mayo, baked beans |
| **Feature filling Wraps** | Tuna mayo | Cream cheese and cucumber slices | Hummus\* | Guacamole/smashed avocado | Plain turkey strips, mayo and avocado |
| **Fresh fruit of the day** | Mango | Strawberries | Blackberries | Watermelon | Blueberries |
| **Dessert** | Banana split | Apple crumble | Rice pudding | Victoria sponge cake | Chocolate cake |
| 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]  \*No tahini or sesame seeds used in hummus  **DISLAIMER:** Please note that slight changes may be made to this menu depending on the availability of certain food products | | | | | |



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| **WEEK TWO: Monday 11th September and Monday 2nd October** | | | | | |
|  | **Monday: MEAT FREE** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main meal (non-vegetarian)** | Pasta with tomato and red pepper sauce | BBQ sauce pulled pork buns\* | Beef chilli con carne | Tarragon chicken | Fish and chips |
| **Main meal (vegetarian)** | Pasta with pesto | Sweet potato falafel wraps with tzatziki | Vegetarian chilli con carne | Green risotto (spinach and pea) | Vegetable frittata |
| **Vegetables/ Side dishes** | Roasted squash and courgettes | Coleslaw and green beans | Wholegrain rice | Roast smashed potatoes and French green beans | Peas and carrots |
| **Breads, sauces and condiments** | Parmesan / ciabatta | Apple sauce for pork, tzatziki for falafel | Guacamole, sourd cream, tortilla chips | Mustard (for chicken), parmesan (risotto) | Tartare sauce |
| **Feature Salad** | Lentil and chickpea | Potato salad | Grilled halloumi and lentil | Niçoise | Goat’s cheese and beetroot |
| **Soups** | Minestrone (no meat) | Leek and broccoli | Butternut squash and carrot | Miso | Pea and mint |
| **Feature filling Baked potatoes** | Sauteed mushrooms / crème fraiche and chives | Pesto/grated cheddar | Beef/veg chilli, grated cheese | Baked beans / grated cheddar | Tuna mayo |
| **Feature filling Wraps** | Tuna mayo | Mozzarella and tomato slices | BBQ pulled pork, cheese slices | Hummus\* /tzatziki | Cream cheese/ cucumber slices |
| **Fresh fruit of the day** | Clementines | Raspberries | Pineapple slices | Peaches/nectarines | Pears |
| **Dessert** | Sugar-free jelly pots | Chocolate mousse | Apple cake | Banana bread and custard | Fruit Salad |
| 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  \*No tahini or sesame seeds used in hummus  **DISLAIMER:** Please note that slight changes may be made to this menu depending on the availability of certain food products | | | | | |



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| **WEEK THREE: Monday 18th September, Monday 9th October** | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main meal (non-vegetarian)** | Macaroni cheese | Beef-strip stir fry | Chicken and chips | Lamb moussaka | Turkey piccata |
| **Main meal (vegetarian)** | Aubergine parmigiana | Vegetable stir fry | Omelette | Quorn mince moussaka | Tofu piccata |
| **Vegetables/ Side dishes** | Sauteed spinach | Noodles | Peas | Spinach | Rosemary roast /smashed potatoes and green beans |
| **Breads, sauces and condiments** | Sliced ciabatta | Hoisin sauce | Honey glaze sauce for chicken | Harissa mayo | Chilli sauce |
| **Feature Salad** | Quinoa, chickpea, cucumber, tomato and parsley | Asian-style salad: grated carrot, cos lettuce, beansprouts, coriander/ mint) | Watermelon, feta and mint | Coleslaw | Caesar salad |
| **Soups** | Asian-style noodle soup (with /without chicken) | Coconut and butternut squash | Minestrone | Leek and potato | French onion |
| **Feature filling Baked potatoes** | Baked Sweet potatoes with cream cheese | Cottage cheese | Egg mayo / baked beans | Coleslaw / grated cheddar | Whipped feta |
| **Feature filling Wraps** | Bagels with cream cheese and ham | Hummus\* | Guacamole/smashed avocado and grated mozzarella | Beetroot, mint and crème fraiche dip | Whipped feta and red pepper slices |
| **Fresh fruit of the day** | Melon | Watermelon | Mango | Strawberries | Blueberries |
| **Dessert** | Fruit fool/mousse | Carrot cake | Apple | Fruit yoghurt pots | Treacle Tart with custard |
| Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day | | | | |
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