A logo with an hourglass and wings

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| **WEEK ONE:** weeks commencing Monday 15th April, and Tuesday 7th May (Monday 6th May is a bank holiday) | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main meal (non-vegetarian)** | Macaroni cheese with pancetta | Chicken shawarma wraps with tzatziki and slaw | Pork sausages\* | Baked Salmon fillet | Turkey piccata |
| **Main meal (vegetarian)** | Macaroni cheese with added cauliflower | Falafel wraps with tzatziki and slaw | Vegetarian sausages | Pasta and tomato sauce | Halloumi, red pepper and courgette kebabs |
| **Vegetables/ Side dishes** | Carrots and peas | Grated carrot and red cabbage slaw | Mashed potatoes, baked beans, Yorkshire puddings | Roast sweet potatoes and red peppers / Green beans | Ratatouille and roast potatoes |
| **Breads, sauces and condiments** | Dough balls | Tzatziki and Pitta breads | Gravy | Hollandaise sauce | Sweet chilli sauce |
| **Feature Salad** | Quinoa salad with chickpeas, cucumber, tomato and parsley | Watermelon, mint and feta | Lentils and sun-dried tomatoes | Rice salad | Soya beans with rocket |
| **Soups** | Carrot and coriander | Roast tomato | Sweet potato and butternut squash | Minestrone | Soup of the day |
| **Feature filling Baked potatoes** | Grated cheese/baked beans | Egg mayo /cottage cheese | Chicken and sweetcorn mayo | Cottage cheese / grated cheese | Ratatouille /Grated cheese |
| **Feature filling Wraps** | Ploughman’s: grated cheese, ham slices and pickle/chutney | Pitta breads with Hummus /Tzatziki | Mozzarella chunks / pesto\* | Tuna melt – cheese and tuna | Plain chicken strips with bowl of mayo to mix |
| **Fresh fruit of the day** | Strawberries | Blueberries | Sliced grapes | Mango | Peaches /Nectarines |
| **Dessert** | Apple tart | Ice cream | Fruit salad | Eton Mess – strawberry, meringue and whipped cream | Profiteroles |
| 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 and sesame free i.e. pesto / hummus  **DISLAIMER:** Please note that slight changes may be made to this menu depending on the availability of certain food products and BBQ season is upon us! | | | | | |

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| **WEEK TWO:** weeks commencingMonday 22nd April and Monday 13th May | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main meal (non-vegetarian)** | Spaghetti Bolognese (with turkey mince) | Chinese style spare ribs\* | Flattened and grilled chicken breasts (with mango salsa on side) | Beef chilli con carne\* | Breaded Fish fillets / baked cod and chips\* |
| **Main meal (vegetarian)** | Vegetable Bolognese with added lentils | Vegetable spring rolls | Summer vegetable tart | Vegetarian chilli | Frittata and chips |
| **Vegetables/ Side dishes** | Kale / cavolo nero | Chow mein noodles with vegetable stir fry | Patatas bravas and asparagus | Wholegrain rice | Chips and peas |
| **Breads, sauces and condiments** | Parmesan cheese, sliced ciabatta | Hoisin/ plum sauce | Mango salsa | Guacamole, soured cream, tortillas | Ketchup/tomato sauce and tartare sauce |
| **Feature Salad** | Greek salad | Miso cabbage slaw | Quinoa, feta pomegranate | Caprese salad – tomato, avocado and mozzarella | Mixed bean |
| **Soups** | Gazpacho | Vegetable noodle broth (with /without chicken) | Pea and mint | Carrot and orange | Soup of the day |
| **Feature filling Baked potatoes** | Bolognese / Grated cheese | Whipped tofu / grated cheddar | Baked beans / grated cheese | Chilli / guacamole and grated cheese | Baked sweet potatoes with cream cheese |
| **Feature filling Wraps** | Chicken tikka (cold) | Shredded chicken in hoisin sauce | Crumbled feta and chopped red pepper | Ham slices / cream cheese | Avocado slices/ mozzarella chunks |
| **Fresh fruit of the day** | Watermelon/melon | Pineapple slices | Blackberries | Plums | Raspberries |
| **Dessert** | Mixed fruit cheesecake | Chocolate mousse | Rice pudding | Ice cream | Banana split |
| 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 and sesame-free i.e. pesto and hummus  **DISLAIMER:** Please note that slight changes may be made to this menu depending on the availability of certain food products and BBQ season is upon us!  \*Thursday 24th and Friday 25th April: menu will change to baked salmon (as per previous week) on Thursday and burgers on Friday to accommodate school photograph on the field | | | | | |

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| **WEEK THREE:** weeks commencingMonday 29th April and Monday 20th May | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main meal (non-vegetarian)** | Chicken curry | Beef lasagne | Salmon all’Arrabbiata with gnocchi | Beef stir fry | Chicken goujons |
| **Main meal (vegetarian)** | Vegetable curry | Vegetarian Lasagne | Gnocchi with tomato sauce | Vegetable stir fry | Vegetarian quiche |
| **Vegetables/ Side dishes** | Wholegrain rice/ roast cauliflower | Aubergine parmigiana | Broccoli | Plain noodles | Sweet potato chips, peas and sweetcorn |
| **Breads, sauces and condiments** | Poppadums and mango chutney | Garlic bread and parmesan | Arrabbiata sauce | Hoisin/oyster sauce | Tomato salsa/ketchup |
| **Feature Salad** | Halloumi and avocado | Fig, rocket, and crispy prosciutto | Caesar salad | Goat’s cheese and beetroot | Lentils and pomegranate |
| **Soups** | Vichysoisse cold soup | Spring vegetable | Cream of tomato | Roasted red pepper and red lentil | Soup of the day |
| **Feature filling Baked potatoes** | Soured cream and chives | Baked beans /grated cheese | Egg mayo / grated cheese | Cottage cheese | Tuna melt |
| **Feature filling Wraps** | Plain chicken strips (bowl of mayo for mixing) | Cottage cheese and pineapple | Cream cheese / ham slices | Coronation chicken | Hummus |
| **Fresh fruit of the day** | Mango | Blueberries | Raspberries | Sliced bananas | Chopped clementines |
| **Dessert** | Fruit yoghurt pots | Sponge Cake | Apple crumble | Ice cream | Lemon Tart |
| 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 and sesame-free i.e. pesto and hummus  **DISLAIMER:** Please note that slight changes may be made to this menu depending on the availability of certain food products and BBQ season is upon us! | | | | | |