

MONDAY WEEK 1

Main Meal Meat

Spaghetti Bolognese (Gluten Free available on request)

Main Meal Vegetarian

Vegan Spaghetti Bolognese V/VE (Gluten Free available on request)

Vegetables

Mixed Leaf Salad V/VE/G or Sweetcorn V/VE/G

Jacket Potato

Beans V/VE/G, Cheese, Coleslaw V/G, Tuna Mayonnaise G

Dessert

Pancakes V Gluten Free Waffles G with Lemon, Sugar & Chocolate Sauce V/VE/G

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

Chilli & Nachos G

Hot Sandwich

BBQ Meatball Sub Roll

V = suitable for vegetarians VE = suitable for vegans G= gluten free

Food allergies and intolerances: please speak to a member of the Catering Team when ordering if you need information about allergens in your food. Vegan & Gluten free items are available at break time but will need to be pre-ordered (Pizzas, Paninis, Sausage Rolls).

TUESDAY WEEK 1

Main Meal Meat

Southern Fried Chicken Wrap served with Crunchy Slaw & Sweet Chilli Sauce with a Cheese & Onion Baked Jacket

Main Meal Vegetarian

Quorn Vegan Nugget Wrap served with Crunchy Slaw & a Sweet Chilli Sauce V/VE with a Cheese & Onion Baked Jacket
V/VE/G (Vegan Cheese available)

Vegetables

Sweetcorn V/VE/G or Peas V/VE/G

Jacket Potato

Beans V/VE/G, Cheese, Coleslaw V/G,
Tuna Mayonnaise G

Dessert

Lemon Cookies V/VE (Gluten Free Biscuits Available)

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

Mac & Cheese Pots V (Vegan & Gluten Free available on request)

Hot Sandwich

Pea & Mint Falafel in a Spinach Wrap served with Houmous & Coriander Slaw V/VE

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WEDNESDAY WEEK 1

Main Meal Meat

Homemade Beef Burgers & Wedges (Gluten Free available on request or without the bun)

Main Meal Vegetarian

Vegetable Burger & Wedges V/VE (Gluten Free available on request or without the bun)

Vegetables

Beans V/VE/G **Coleslaw** V/G

Jacket Potato

Beans V/VE/G, **Cheese, Coleslaw** V/G, **Tuna Mayonnaise** G

Dessert

Raspberry Fruit Ice Smoothie V/VE/G

Pasta

Tomato V/VE, **Sausage, Meatball**

Hot Grab & Go

Chinese Chicken Wings & Wedges G

Hot Sandwich

BBQ Chicken Sandwich

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THURSDAY WEEK 1

Main Meal Meat

Chicken Korma Served with Boiled Rice G & Mini Naan

Main Meal Vegetarian

Quorn Korma Served with Boiled Rice G & Mini Naan V

Vegetables

Kachumber Salad V/VE/G or Mixed Leaf Salad V/VE/G

Jacket Potato

Beans V/VE/G, Cheese, Coleslaw V/G, Tuna Mayonnaise G

Dessert

Summer Fruit Crumble V/VE with Custard V/G (Vegan Custard available on request)

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

Hotdog with Crispy Fried Onions, Tomato Sauce & American Mustard

Hot Sandwich

Beetroot Falafel in a Tomato Wrap served with Houmous & Coriander Slaw V/VE

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FRIDAY WEEK 1

Main Meal Meat

Battered Fish & Chipped Potatoes (Gluten Free available on request)

Main Meal Vegetarian

Vegan Nuggets & Chipped Potatoes V/VE

Vegetables

Peas V/VE/G or **Beans** V/VE/G

Jacket Potato

Beans V/VE/G, **Cheese, Coleslaw** V/G, **Tuna Mayonnaise** G

Dessert

Lemon Drizzle Cake V

Pasta

Tomato V/VE, **Sausage, Meatball**

Hot Grab & Go

Chicken Goujons or Sausage & Chips

Hot Sandwich

Fish Fingers & Chips

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MONDAY WEEK 2

Main Meal Meat

Baked Beef Lasagne & Garlic Bread (Gluten Free available on request)

Main Meal Vegetarian

Baked Vegan Lasagne V/VE (Gluten Free available on request)

Vegetables

Mixed Leaf Salad V/VE/G or **Sweetcorn** V/VE/G

Jacket Potato

Beans V/VE/G, **Cheese, Coleslaw** V/G, **Tuna Mayonnaise** G

Dessert

Pancakes V **Gluten Free Waffles** G with **Lemon, Sugar & Chocolate Sauce** V/VE/G

Pasta

Tomato V/VE, **Sausage, Meatball**

Hot Grab & Go

Chilli & Nachos G

Hot Sandwich

BBQ Meatball Sub Roll

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TUESDAY WEEK 2

Main Meal Meat

Pepperoni Pizza with Herby Diced Potatoes

Main Meal Vegetarian

Cheese & Tomato Pizza with Herby Diced Potatoes V (Vegan pizza available on request)

Vegetables

Sweetcorn V/VE/G or Peas V/VE/G

Jacket Potato

Beans V/VE/G, Cheese, Coleslaw V/G, Tuna Mayonnaise G

Dessert

Maryland Cookies V/VE (Gluten Free Biscuits available)

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

Mac & Cheese Pots V

Hot Sandwich

Pea & Mint Falafel in a Spinach Wrap served with Houmous & Coriander Slaw V/VE

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WEDNESDAY WEEK 2

Main Meal Meat

Battered Chicken Burger & Wedges

Main Meal Vegetarian

Vegan Chicken Burger & Wedges V/VE

Vegetables

Beans V/VE/G, Coleslaw V/G

Jacket Potato

Beans V/VE/G, Cheese, Coleslaw V/G,
Tuna Mayonnaise G

Dessert

Strawberry Fruit Ice Smoothie V/VE/G

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

Cajun Chicken Wings & Wedges

Hot Sandwich

BBQ Chicken Sandwich

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THURSDAY WEEK 2

Main Meal Meat

Beef in Black Bean Sauce & Boiled Rice G

Main Meal Vegetarian

**Vegan Beef in Black Bean Sauce & Boiled Rice
V/VE/G**

Vegetables

**Kachumber Salad V/VE/G or Mixed Leaf Salad
V/VE/G**

Jacket Potato

**Beans V/VE/G, Cheese, Coleslaw V/G, Tuna
Mayonnaise G**

Dessert

**Peach Crumble V/VE with Custard V/G (Vegan
Custard available on request)**

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

**Hotdog with Crispy Fried Onions, Tomato
Sauce & American Mustard**

Hot Sandwich

**Beetroot Falafel in a Tomato Wrap served
with Houmous & Coriander Slaw V/VE**

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FRIDAY WEEK 2

Main Meal Meat

Battered Fish & Chipped Potatoes (Gluten Free available on request)

Main Meal Vegetarian

Vegan Hot Dog & Chipped Potatoes V/VE

Vegetables

Peas V/VE/G or **Beans** V/VE/G

Jacket Potato

Beans V/VE/G, **Cheese, Coleslaw** V/G, **Tuna Mayonnaise** G

Dessert

Flapjack V/VE

Pasta

Tomato V/VE, **Sausage, Meatball**

Hot Grab & Go

Chicken Goujons or Sausage & Chips

Hot Sandwich

Fish Fingers & Chips

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MONDAY WEEK 3

Main Meal Meat

Chilli Con Carne & Rice (Gluten Free available on request)

Main Meal Vegetarian

Vegan Chilli Con Carne & Rice V/VE/G

Vegetables

Mixed Leaf Salad V/VE/G or **Sweetcorn** V/VE/G

Jacket Potato

Beans V/VE/G, **Cheese, Coleslaw** V/G, **Tuna Mayonnaise** G

Dessert

Pancakes V **Gluten Free Waffles** G with **Lemon, Sugar & Chocolate Sauce** V/VE/G

Pasta

Tomato V/VE, **Sausage, Meatball**

Hot Grab & Go

Mac & Cheese Pots V/VE (Gluten free available on request)

Hot Sandwich

BBQ Meatball Sub Rolls

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TUESDAY WEEK 3

Main Meal Meat

BBQ Pulled Pork Roll & Slaw with Cheese and Onion Baked Jacket

Main Meal Vegetarian

Vegan Beef Roll & Slaw with Cheese and Onion Baked Jacket V/VE/G (Gluten Free available on request)

Vegetables

Sweetcorn V/VE/G or Beans V/VE/G

Jacket Potato

Beans V/VE/G, Cheese, Coleslaw V/G, Tuna Mayonnaise G

Dessert

Chocolate Cookies V/E (Gluten Free Biscuits available)

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

Chilli & Nachos G

Hot Sandwich

Pea & Mint Falafel in a Spinach Wrap served with Houmous & Coriander Slaw V/VE

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WEDNESDAY WEEK 3

Main Meal Meat

Homemade Beef Burgers & Wedges (Gluten Free available on request or without the Bun)

Main Meal Vegetarian

Spicy Bean Burgers V/VE (Gluten Free available on request or without the Bun)

Vegetables

Beans V/VE/G **Coleslaw** V/G

Jacket Potato

Beans V/VE/G, **Cheese, Coleslaw** V/G,
Tuna Mayonnaise G

Dessert

Mango & Orange Fruit Ice Smoothie V/VE/G

Pasta

Tomato V/VE, **Sausage, Meatball**

Hot Grab & Go

BBQ Chicken Wings & Wedges

Hot Sandwich

BBQ Chicken Sandwich

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THURSDAY WEEK 3

Main Meal Meat

Chicken Balti served with Boiled Rice G & Mini Naan

Main Meal Vegetarian

Quorn Balti served with Boiled Rice G & Mini Naan V/G

Vegetables

Kachumber Salad V/VE/G or Mixed Leaf Salad V/VE/G

Jacket Potato

Beans V/VE/G, Cheese, Coleslaw V/G, Tuna Mayonnaise G

Dessert

Apple Crumble V/VE Custard V/G (Vegan Custard available on request)

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

Hotdog with Crispy Fried Onions, Tomato Sauce and American Mustard

Hot Sandwich

Beetroot Falafel in a Tomato Wrap served with Houmous & Coriander Slaw V/VE

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FRIDAY WEEK 3

Main Meal Meat

Battered Fish & Chipped Potatoes (Gluten Free available on request)

Main Meal Vegetarian

Fishless Finger Bap V/VE (Gluten Free available on request)

Vegetables

Peas V/VE/G or **Beans** V/VE/G

Jacket Potato

Beans V/VE/G, **Cheese**, **Coleslaw** V/G, **Tuna Mayonnaise** G

Dessert

Carrot Cake V

Pasta

Tomato V/VE, **Sausage**, **Meatball**

Hot Grab & Go

Chicken Goujons or **Sausage & Chips**

Hot Sandwich

Fish Fingers & Chips

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