

WEEK 1

MONDAY

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

TUESDAY

Main Meal Meat	Southern Fried Chicken Wrap served with Crunchy Slaw & a 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

WEDNESDAY

Main Meal Meat	Homemade Beef Burgers & Wedges (Gluten Free available on request)
Main Meal Vegetarian	Vegetable Burgers & Wedges V/VE (Gluten Free available on request)
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

THURSDAY

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

FRIDAY

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

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).

WEEK 2

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

Main Meal Meat	Battered Fish & Chipped Potatoes (Gluten free available on request)
Main Meal Vegetarian	Vegan Hotdog & 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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WEEK 3

MONDAY

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 Roll

TUESDAY

Main Meal Meat	BBQ Pulled Pork Roll & Slaw with Cheese & Onion Baked Jacket
Main Meal Vegetarian	Vegan Beef Roll & Slaw with Cheese & 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/VE (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

WEDNESDAY

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

THURSDAY

Main Meal Meat	Chicken Balti served with Boiled Rice G & Mini Naan
Main Meal Vegetarian	Quorn Balti served with Boiled Rice & 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 & American Mustard
Hot Sandwich	Beetroot Falafel in a Tomato Wrap served with Houmous & Coriander Slaw V/VE

FRIDAY

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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