

MONDAY WEEK 1

Main Meal Meat

Creamy Chicken and Bacon Carbonara (Gluten free available on request)

Main Meal Vegetarian

Creamy Vegan Chicken Carbonara V/VE (gluten free available on request)

Vegetables

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

Jacket Potato

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

Dessert

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

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

Mac & Cheese Pots V

Hot Sandwich

V/VEegan Meatball in a Pitta served with Slaw and Sweet Chilli Sauce

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

Cottage Pie Yorkshire Pudding

Main Meal Vegetarian

Veggie Cottage Pie V (Gluten free available on request)

Vegetables

Carrots V/VE/G or Peas V/VE/G

Jacket Potato

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

Dessert

Mini Muffin V

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

Chilli Nachos G

Hot Sandwich

Sub Roll Sandwich Range

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WEDNESDAY WEEK 1

Main Meal Meat

Roast Pork served with Roast Potatoes, Gravy & Apple Sauce G

Main Meal Vegetarian

Quorn Vegan Sausages with Roast Potatoes & Gravy V/VE

Vegetables

Roasted Seasonal Veg V/VE/G

Jacket Potato

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

Dessert

Chocolate Cake

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

Chinese Chicken Wings & Wedges

Hot Sandwich

BBQ Chicken Sandwich

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THURSDAY WEEK 1

Main Meal Meat

Jamaican Chicken Stew served with Boiled Rice G

Main Meal Vegetarian

Vegan Jamaican Chicken Stew served with Boiled Rice V/VE/G

Vegetables

Mixed Veg V/VE/G or Broccoli V/G

Jacket Potato

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

Dessert

Apple 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

Vegan Meatball in a Pitta served with Slaw and Sweet Chilli Sauce 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 Fishless Finger Bap V/VE (Gluten Free available on request)

Vegetables

Mushy Peas V/VE/G or Beans V/VE/G

Jacket Potato

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

Dessert

Cherry & Coconut Flapjack V/VE

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

Chicken Goujons or Sausage & Chips

Hot Sandwich

The Plaice to Sea Range

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MONDAY WEEK 2

Main Meal Meat

Spaghetti and Meatballs in a Rich Tomato and Basil Sauce G

Main Meal Vegetarian

Spaghetti and Vegan Meatballs in a Rich Tomato and Basil Sauce 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 with Lemon, Sugar & Chocolate Sauce V/VE/G

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

Mac & Cheese Pots V

Hot Sandwich

Vegan Meatball in a Pitta served with Slaw and Slaw Chilli Sauce V/VE

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TUESDAY WEEK 2

Main Meal Meat

Sausage Casserole served with Creamy Mash

Main Meal Vegetarian

Vegan Sausage Casserole with Creamy Mash

V (Vegan mash available on request)

Vegetables

Carrots V/VE/G or Cauliflower & Broccoli Bake

V (Vegan option available on request)

Jacket Potato

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

Dessert

Mini Muffin V

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

Chilli Nachos G

Hot Sandwich

Sub Roll Sandwich Range

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WEDNESDAY WEEK 2

Main Meal Meat

Roast Chicken Breast served with Roast Potatoes, Gravy & Stuffing V

Main Meal Vegetarian

Roast Vegan Chicken Breast served with Roast Potatoes, Gravy & Stuffing V

Vegetables

Roasted Seasonal Veg V//VE/G

Jacket Potato

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

Dessert

Syrup Sponge V with Custard V/G

Pasta

Tomato V//VE, Sausage, Meatball

Hot Grab & Go

Cajun Chicken Wings & Wedges

Hot Sandwich

BBQ Sandwich Range

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THURSDAY WEEK 2

Main Meal Meat

Chicken Korma served with Boiled Rice G & Mini Naan

Main Meal Vegetarian

Quorn Korma served with Boiled Rice & Mini Naan V/VE

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

Pear 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

Vegan Meatball in a Pitta served with Slaw and Sweet Chilli Sauce 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 Fishless & Finger Bap 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

Cookie V/VE

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

Chicken Goujons or Sausage & Chips

Hot Sandwich

The Plaice to Sea Range

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MONDAY WEEK 3

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 with Lemon, Sugar & Chocolate Sauce V/VE

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

Mac & Cheese Pots V

Hot Sandwich

Vegan Meatball in a Pitta with Slaw and Sweet Chilli Sauce V/VE

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TUESDAY WEEK 3

Main Meal Meat

Chicken and Bacon Lasagne (Gluten free available on request)

Main Meal Vegetarian

Vegan Chicken Lasagne (Gluten free available on request)

Vegetables

Peas V/VE/G or Spring Greens V/VE/G

Jacket Potato

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

Dessert

Mini Muffin V

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

Chilli & Nachos G

Hot Sandwich

Sub Roll Sandwich Range

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WEDNESDAY WEEK 3

Main Meal Meat

Honey Roast Gammon served with Roast Potatoes & Gravy V/VE

Main Meal Vegetarian

Quorn Chicken Fillet with Roast Potatoes & Gravy V/VE

Vegetables

Roasted Seasonal Veg V/VE/G

Jacket Potato

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

Dessert

Chocolate Cake with Sprinkles V

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 Tikka Masala served with Boiled Rice G & Mini Naan

Main Meal Vegetarian

Quorn Tikka Masala 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

Rhubarb Crumble V 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 and American Mustard

Hot Sandwich

Vegan Meatball in a Pitta served with Sweet Chilli Sauce V/VE

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FRIDAY WEEK 3

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

Chocolate Chip Cookie V/VE

Pasta

Tomato V/VE, Sausage, Meatball

Hot Grab & Go

Chicken Goujons or Sausage & Chips

Hot Sandwich

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