

WEEK 1

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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/VE/G
Jacket Potato	Beans V/VE/G, Cheese, Coleslaw V/G, Tuna Mayonnaise G
Dessert	Apple Crumble V/VE served 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

FRIDAY

Main Meal Meat	Battered Fish & Chipped Potatoes (Gluten Free available on request)
Main Meal Vegetarian	Vegan Falafel & Spinach Burger & 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	Cookie V/VE
Pasta	Tomato V/VE, Sausage, Meatball
Hot Grab & Go	Chicken Goujons or Sausage & Chips
Hot Sandwich	The Plaice to Sea Range

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	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 Sweet Chilli Sauce V/VE

TUESDAY

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

WEDNESDAY

Main Meal Meat	Roast Chicken Breast served with Roast Potatoes, Gravy G & Stuffing
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

THURSDAY

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

FRIDAY

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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WEEK 3

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 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 Sweet Chilli Sauce V/VE

TUESDAY

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

WEDNESDAY

Main Meal Meat	Honey Roast Gammon served with Roast Potatoes and Gravy G
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

THURSDAY

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 & American Mustard
Hot Sandwich	Vegan Meatball in a Pitta served with Slaw and Sweet Chilli Sauce 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	Chocolate Chip 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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