

M Main meal £2.40. V Vegetarian option £2.40. L. Light £2.05. D Dessert. Wholemeal bread, milk and water available daily. Jacket Potatoes are offered every day with a choice of filling from tuna, cheese, baked beans or just plain at £2.05. Fresh fruit and yoghurts available daily as a dessert alternative. Packed lunches are also available at £1.95 to be ordered on the day and include a baguette (ham or cheese), a drink, yoghurt piece of fruit and cake. Exciting salad bar available with all meal choice – varied daily. Salmon is available in the salad bar on Tuesdays week 3.

	Week 1	Week 2	Week 3
Monday 	M. All day breakfast (sausage, hash brown, bacon, baked beans) V. Vegetarian Sausage D. Tinned fruit and ice cream	M. Beef burger V. Vegetarian burger Served in a brioche bun, with wedges and vegetables, ketchup or mayonnaise D. Pancakes served with sugar, lemon and syrup	M. Pork sausages V. Vegetable sausages Served with gravy, croquette potatoes and vegetables D. Chocolate brownie slice and ice cream
Tuesday 	M. Pasta pots with various toppings V. As above with vegetarian options D. Jam sponge and custard	M. Beef lasagne V. Mixed bean, peppers and onion lasagne Served with garlic bread and vegetables D. Fruit jelly and ice cream	M. Beef bolognese V. Quorn mince bolognese Served with spaghetti and vegetables D. Apple crumble and custard
Wednesday 	M. Roast chicken V. Vegetarian roast with tomato sauce Served with roast potatoes, gravy, Yorkshire pudding and a selection of vegetables D. Chocolate cracknel	M. Roast gammon V. Cheese wheels Served with roast potatoes, gravy, Yorkshire pudding and a selection of vegetables D. Chocolate and pear muffins	M. Roast chicken V. Mixed bean, cheese and tomato filled tortilla wrap. Served with roast potatoes, gravy, Yorkshire pudding and a selection of vegetables D. Iced sponge cake
Thursday 	M. Pasta pots with various toppings V. As above with vegetarian options D. Peach upside down cake and custard	M. Pasta pots with various toppings V. As above with vegetarian options D. Iced marble cake served with custard/rice pudding.	M. Pasta pots with various toppings V. As above with vegetarian options D. Fruit jelly and ice cream
Friday 	<u>Bag a lunch</u> M. Fish fingers V. Vegetarian nibbles All served with French fries, vegetable sticks and ketchup D. Flapjack slice	<u>Bag a lunch</u> M. Oven baked white fish in breadcrumbs V. Vegetarian sausages Served with French fries, vegetable sticks and ketchup D. Chocolate crispy slice	<u>Bag a lunch</u> M. Fish fingers V. Vegetarian nuggets Served with French fries, vegetable sticks and ketchup D. Crunchie oat and coconut slice

Week	September	1	2	3	1	October	2	3	1	2	November	2	3	1	2	3	December	3	1	2
Mon		5	12	19	26		3	10	17	31			7	14	21	28			5	12
Tues		6	13	20	27		4	11	18			1	8	15	22	29			6	13
Wed		7	14	21	28		5	12	19			2	9	16	23	30			7	14
Thu		8	15	22	29		6	13	20			3	10	17	24			1	8	15
Fri		9	16	23	30		7	14	21			4	11	18	25			2	9	16

Dairy Free and Wheat/Gluten Free options of the menu are always available.