|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| meal | mon | tue | wed | thu | fri |
| homemade soup  | roast red pepper | butternut squash | potato & herb | carrot and coriander | courgette & watercress |
| main option 1 | chilli beef  | lemon roasted chicken thighs | honey roast gammon | chicken curry | battered chicken steak in a bun |
| main option 2 | gnocchi in a spicy tomato sauce  | quorn & vegetable lasagne | puff pastry toppedvegetable pie | potato, chickpea & tomato rogan josh | southern fried quorn ranch burger |
| sides | mexican rice tortilla chips & salsa grilled peppers & onions | crushed new potatoes with spring onions carrots & peas | roast root vegetablesrosemary roast potatoesgravy | basmati rice chota naan bread indian savouries | potato wedgesbaked beans buttered sweetcorn |
| deli bar | jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily |  |
| salad bar | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta  |
| smart bar | selection of fruits hydration station | selection of fruits hydration station | selection of fruits hydration station | selection of fruits hydration stationfresh milk option | selection of fruits hydration station |
| dessert |  pineapple sponge & custard | fruit & yoghurt bar  | lemon & poppy seed muffin slice | apple crumble & custard | chocolate brownie |

weekly menu week commencing 16/04/2018

weekly menu week commencing 23/04/2018

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| meal | mon | tue | wed | thu | fri |
| homemade soup  | leek & potato  | tomato & basil | mushroom | chicken & sweetcorn | pea & mint |
| main option 1 | cottage pie | sweet & sour chicken | kleftico pork carvery with pitta bread | traditional beef lasagne | jumbo fish finger & tartare sauce |
| main option 2 | spiced squash, lentil & spinach pie  | tempura battered vegetables | vegetable kebab with pitta | macaroni cheese | griddled aubergine with beef tomato, basil and mozzarella |
| sides | roasted carrotsgarden peas  | steamed rice stir fried vegetables  | wild ricemediterranean vegetables | green beans garlic bread | chipsgarden peas |
| deli bar | jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily |  |
| salad bar | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw |
| smart bar | selection of fruits hydration station | selection of fruits hydration station | selection of fruits hydration stationfresh milk option | selection of fruits hydration station | selection of fruits hydration station |
| dessert | carrot cake slice | jam sponge with custard | fruit & yoghurt bar | forest fruit crumblewith custard | jam doughnut |

weekly menu week commencing 30/04/2018

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| meal | mon | tue | wed | thu | fri |
| homemade soup  | courgette & potato  | spring vegetable | chicken & leek | red lentil & chickpea | tuscan style bean |
| main option 1 | turkey meatballs | beef keema matar balti | sausage casserole | chicken stroganoff | jumbo hot dog  |
| main option 2 | vegetable bolognaise sauce | curried vegetable byriani | quorn sausages | mushroom fricassee | southern fried quorn ranch burger |
| sides | penne pasta garlic bread mixed leaf salad | basmati rice mini poppadom onion bhaji  | mixed greenscreamed potatoes | wholegrain ricesweetcorn & peppers | french fries baked beans |
| deli bar | jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily |  |
| salad bar | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, fennel herb & watercress | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, fennel herb & watercress | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, fennel herb & watercress | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, fennel herb & watercress | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, fennel herb & watercress |
| smart bar | selection of fruits hydration station | selection of fruits hydration station | selection of fruits hydration station | selection of fruits hydration stationfresh milk option | selection of fruits hydration station |
| dessert | lemon & raisin cookie | chocolate sponge & chocolate custard | fruit & yoghurt bar | banana loaf & custard | vanilla cheesecake |

weekly menu week commencing 07/05/2018

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| meal | mon | tue | wed | thu | fri |
| homemade soup  | roast red pepper | butternut squash | potato & herb | carrot and coriander | courgette & watercress |
| main option 1 | chilli beef  | lemon roasted chicken thighs | honey roast gammon | chicken curry | battered chicken steak in a bun |
| main option 2 | gnocchi in a spicy tomato sauce  | quorn & vegetable lasagne | puff pastry toppedvegetable pie | potato, chickpea & tomato rogan josh | southern fried quorn ranch burger |
| sides | mexican rice tortilla chips & salsa grilled peppers & onions | crushed new potatoes with spring onions carrots & peas | roast root vegetablesrosemary roast potatoesgravy | basmati rice chota naan bread indian savouries | potato wedgesbaked beans buttered sweetcorn |
| deli bar | jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily |  |
| salad bar | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta  |
| smart bar | selection of fruits hydration station | selection of fruits hydration station | selection of fruits hydration station | selection of fruits hydration stationfresh milk option | selection of fruits hydration station |
| dessert |  pineapple sponge & custard | fruit & yoghurt bar  | lemon & poppy seed muffin slice | apple crumble & custard | chocolate brownie |

weekly menu week commencing 14/05/2018

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| meal | mon | tue | wed | thu | fri |
| homemade soup  | leek & potato  | tomato & basil | mushroom | chicken & sweetcorn | pea & mint |
| main option 1 | cottage pie  | sweet & sour chicken | kleftico pork carvery with pitta bread | traditional beef lasagne | jumbo fish finger & tartare sauce |
| main option 2 | spiced squash, lentil & spinach pie  | tempura battered vegetables | vegetable kebab with pitta | macaroni cheese | griddled aubergine with beef tomato, basil and mozzarella |
| sides | roasted carrotsgarden peas  | steamed rice stir fried vegetables  | wild ricemediterranean vegetables | green beans garlic bread | chipsgarden peas |
| deli bar | jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily |  |
| salad bar | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw |
| smart bar | selection of fruits hydration station | selection of fruits hydration station | selection of fruits hydration stationfresh milk option | selection of fruits hydration station | selection of fruits hydration station |
| dessert | carrot cake slice | jam sponge with custard | fruit & yoghurt bar | forest fruit crumblewith custard | jam doughnut |