

Week 1

W/c 6 and 27 September

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Selection of breads, toppings and accompaniments				
	Vegetable & Chive	Thai Green	Chilli, Bean & Pepper	Carrot & Ginger	French Onion
Main meal	Peri Peri chicken leg with red pepper salsa H	Beef and vegetable ragu H	Roast leg of pork with sage stuffing, apple relish and gravy	Chicken tikka with red lentils and cucumber raita H	Breaded haddock with lemon and tartare sauce H Plain grilled haddock H
Main meal 2	Pasta pesto with garlic croutons	Salmon, broccoli and dill fishcakes	Chicken, red pepper and butterbean fricasse H	Hoy sin bacon steaks with bean sprouts	Harissa pulled chicken with crunchy slaw
Vegetarian	Carrot and red onion fritters with tomato chutney	Aubergine Parmigiana	Tomato, thyme and goats cheese tart	Sweet potato and onion bhaji	Spanish tortilla in a toasted bun
On the side ...	Coriander and lemon rice Steamed sweetcorn and steamed leaks	Herby new potatoes Roasted carrots Peas	Roasted garlic potatoes Seasonal mixed vegetables	Steamed rice Sweetcorn Steamed greens	Chunky chips Baked beans Garden peas
Jacket potato bar	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day
Pasta bar	Tomato and Italian herbs	Tomato and pesto	Tomato and spinach	Tomato and rocket	Red pepper sauce
Sandwich and Panini bar	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis
Something cold ...	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots
Something sweet ...	Apricot and cherry slice	Apple and blackberry crumble	Orange and lemon muffins	Chocolate cake and salted caramel frosting	Cake shop treats
Fruit and dessert	Fruit salad pots and selection of seasonal fresh fruit served in peak condition, ripened and ready to eat Daily selection of homemade yoghurt, dessert and custard pots				

H = Halal option available

Week 2

W/c 13 September and 4 October

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Selection of breads, toppings and accompaniments				
	Leek and potato	Lentil and red pepper	Roasted tomato and basil	Sweetcorn and noodle	Vegetable and butterbean
Main meal	Steak minced beef with bean chilli and tortilla chips H	Paprika chicken stew	Honey glazed gammon with cinammon apple sauce	Tandoori chicken and mango chutney H	Breaded cod fillet with lemon mayonnaise H Steamed cod H
Main meal 2	Cheddar cheese pie	Fish pie H	Shepherd's pie H	Beef curry with coriander	Smoky hot dogs with onions
Vegetarian	Three bean chilli with tortilla	Edamame bean risotto cakes with pesto	Vegan shepherd's pie	Tandoori spiced vegetables on naan bread	Vegan hot dogs with onions
On the side ...	Coriander rice Roasted ratatouille Sweetcorn	Minty baby potatoes Steamed greens	Thyme roasted potatoes Carrot and parsnips	Steamed rice Green beans Sliced carrots	Skinny chips Baked beans Steamed peas
Jacket potato bar	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day
Pasta bar	Tomato and oregano	Tomato and black olive	Roasted pepper and tomato	Tomato and basil	Slow roasted tomato
Sandwich and Panini bar	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis
Something cold ...	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots
Something sweet ...	Autumn fruit crumble	Rhubarb, apple and oat slice	Chocolate and beetroot brownie	Banana and toffee cupcakes	Selection of homemade cookies
Fruit and dessert	Fruit salad pots and selection of seasonal fresh fruit served in peak condition, ripened and ready to eat Daily selection of homemade yoghurt, dessert and custard pots				

H = Halal option available

Week 3

W/c 20 September and 11 October

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Selection of breads, toppings and accompaniments				
	Pea and mint	Spicy butternut squash	Tomato and basil	Leek and potato	Roasted roots and vegetable
Main meal	Mexican chicken wraps with salsa H	Beef and pearl barley lasagne with pesto oil H	Rosemary and sage roast turkey with rich gravy H	Mauritian chicken curry with chilli yoghurt dressing H	Battered cod fillet with lemon mayonnaise H Plain grilled haddock
Main meal 2	Falafel served on pitta bread	Portuguese marinated pork with creamy pepper sauce	Slow roasted Hungarian beef goulash	Bacon steak with BBQ pineapple salsa	Lamb burger with harissa salsa
Vegetarian	Quorn chilli enchiladas	Lentil and vegetable lasagne	Tomato and rocket quiche	Mac cheese with onion chutney and cherry tomatoes	Vegetable burger with hummus and toasted bap
On the side ...	Steamed rice Courgettes and sweetcorn	Steamed new potatoes Mixed greens	Traditional roast potatoes Roasted carrot and swede	Steamed rice Cauliflower Steamed green beans	Skinny chips Baked beans Steamed peas
Jacket potato bar	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day
Pasta bar	Tomato and basil	Roasted red onion and tomato	Red pesto	Tomato and basil	Sun blushed tomato
Sandwich and Panini bar	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis
Something cold ...	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots
Something sweet ...	Cranberry, date and pumpkin seed flapjack	Warm lemon and lime cake	Carrot cake with cream cheese frosting	Chocolate toothpaste	Selection of ice cream pots
Fruit and dessert	Fruit salad pots and selection of seasonal fresh fruit served in peak condition, ripened and ready to eat Daily selection of homemade yoghurt, dessert and custard pots				

H = Halal option available