

Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 10:00AM to 10:30AM	Fresh Fruit and Choice of Drink	Fresh Fruit and Choice of Drink	Fresh Fruit and Choice of Drink	Fresh Fruit and Choice of Drink	Fresh Fruit and Choice of Drink
Lunch Option 1 12:00PM to 13:00PM	BLTTuna & sweetcorn	BLTTuna & sweetcorn	BLTTuna & sweetcorn	BLTTuna & sweetcorn	BLTTuna & sweetcorn
Sandwich	Ham	Ham	Ham	Ham	Ham
Baguette	Cheese	Cheese	Cheese	Cheese	Cheese
Jacket option	Beans	Beans	Beans	Beans	Beans
	Egg	Egg	Egg	Egg	Egg
	BBQ Chicken	BBQ Chicken	BBQ Chicken	BBQ Chicken	BBQ Chicken
	Chicken, Bacon, Mayo	Chicken, Bacon, Mayo	Chicken, Bacon, Mayo	Chicken, Bacon, Mayo	Chicken, Bacon, Mayo
Lunch Option 2 12:00PM to 13:00PM	Meatballs with Brown Rice	Lasagne with Garlic bread	Cumberland Sausage & Mash	Chicken Korma with rice	Salmon bites with boiled potatoes
Lunch Option 3 (Vegetarian) 12:00PM to 13:00PM	Vegetarian meatballs with brown rice	Vegetable lasagne with garlic bread	Glamorgan sausage, with mash	Quorn Korma with rice	Cheese and vegetable pasta bake Vegetarian brunch
Side/vegetable	Within tomato & vegetable sauce	Peas and sweetcorn		Baked beans	Green salad
Pudding	Angel delight strawberry	Custard and banana	Apple pie and custard	Chocolate brownie	Shortbread fingers

Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 10:00AM to 10:30AM	Fresh Fruit and Choice of Drink				
Lunch Option 1 12:00PM to 13:00PM	BLTTuna & sweetcorn Ham Cheese Beans Egg BBQ Chicken Chicken, Bacon, Mayo				
Lunch Option 2 12:00PM to 13:00PM	Spaghetti bolognaise	Beef and vegetable curry with boiled rice and poppadums'	Baked salmon with jacket potato	Chicken and vegetable chow mein	Pizza (cheese, meat and vegetable toppings)
Lunch Option 3 (Vegetarian) 12:00PM to 13:00PM	Vegetarian spaghetti bolognaise	Chick pea and vegetable curry with boiled rice and poppadum's	Vegetarian burger with jacket potato	Quorn and vegetable chow mein	Pizza (cheese and vegetable toppings)
Side/vegetable	Within tomato sauce	Within the dish	Mixed green salad	Within the dish	Green salad
Pudding	Trifle	Chocolate Brownie	Jam roly poly +/- custard	Pancakes with lemon and sugar or banana and chocolate sauce	Warm or cold welsh cakes

Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 10:00AM to 10:30AM	Fresh Fruit and Choice of Drink				
Lunch Option 1 12:00PM to 13:00PM	BLTTuna & sweetcorn Ham Cheese Beans Egg BBQ Chicken Chicken, Bacon, Mayo				
Sandwich					
Baguette					
Jacket option					
Lunch Option 2 12:00PM to 13:00PM	Meatballs with Brown Rice	Lasagne with Garlic bread	Cumberland Sausage & Mash	Chicken Korma with rice	Salmon bites with boiled potatoes
Lunch Option 3 (Vegetarian) 12:00PM to 13:00PM	Vegetarian meatballs with brown rice	Vegetable lasagne with garlic bread	Glamorgan sausage, with mash	Quorn Korma with rice	Cheese and vegetable pasta bake Vegetarian brunch
Side/vegetable	Within tomato & vegetable sauce	Peas and sweetcorn		Baked beans	Green salad
Pudding	Angel delight strawberry	Custard and banana	Apple pie and custard	Chocolate brownie	Shortbread fingers

Menu Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 10:00AM to 10:30AM	Fresh Fruit and Choice of Drink				
Lunch Option 1 12:00PM to 13:00PM	BLTTuna & sweetcorn Ham Cheese Beans Egg BBQ Chicken Chicken, Bacon, Mayo				
Lunch Option 2 12:00PM to 13:00PM	Hot kicking chicken	Roasted tomato, basil and vegetable pasta bake with parmesan topping	Burritos with mince beef and vegetables with rice	Chicken and leek pie	Beef burgers in a bun
Lunch Option 3 (Vegetarian) 12:00PM to 13:00PM	Quorn Hot and savoury Chik'n	As above	Burritos with vegetarian mince and vegetables with rice	Quorn and leek pie	Quorn quarter pounder burger in a bun
Side/vegetable	Rice and sweetcorn	Within the dish	Within the dish	Creamy mash and carrots and green beans	Green salad and chips
Pudding	Chocolate chip bread and putter pudding +/- custard	Cabinet sponge (sponge, fruit, custard, chocolate)	Jelly (with fruit cocktail) +/- cream	Lemon and vanilla Cheesecake	Mincemeat tart