

WEEK ONE

W/C
30 October
20 November
11 December
15 January
5 February
4 March
25 March

Option one	Vegetable Pasta Bake	BBQ Chicken and New Potatoes	Minced Beef Cottage Pie	Chicken Arrabiata Pasta	Fishfingers and Chips
Option two	Chickpea Tagine with Cous-Cous (V)	Roasted Cauliflower Curry & 50/50 Rice(V)	Glamorgan Bean Sausages with Jacket Wedges (V)	Mac & Cheese (V)	Cheese & Tomato Frittata & Chips
Vegetables	Cauliflower Green Beans Tabbouleh Power Salad	Broccoli Sweetcorn	Carrots Cabbage	Roasted Peppers Green Beans	Peas Baked Beans
Dessert	Rice Pudding with Fruit Compote	Yoghurt and Fresh Fruit Station	Apple Pie & Custard	Peaches & Custard	Yoghurt and Fresh Fruit Station

WEEK TWO

W/C
6 November
27 November
18 December
22 January
19 February
11 March

Option one	Golden Tortilla Stack with 50/50 Rice (V)	Mexican Bean Fajitas with 50/50 Rice (V)	Roast Chicken, Skin on Roast Potatoes and Gravy	Chicken Sausages with Potato Wedges & Gravy	Quorn Jollof Rice & Beans (V)
Option two	Broccoli Pasta Bake (V)	Beef Lasagne	Lentil Wellington with Skin on Roast Potatoes (V)	Vegetable Spaghetti Bolognese (V)	Battered Fish & Chips
Vegetables	Roasted Tomatoes Broccoli	Sweetcorn Courgettes	Cauliflower Carrots	Red Cabbage Green Beans	Peas Baked Beans Roasted Veg Power Salad
Dessert	Chocolate & Banana Oaty Squares	Fruit Jelly	Yoghurt and Fresh Fruit Station	Apple Cheese & Crackers	Yoghurt and Fresh Fruit Station

WEEK THREE

W/C
13 November
4 December
8 January
29 January
26 February
18 March

Option one	Sweet & Sour Butterbeans with 50/50 Rice (V)	Spicy Bean Burger with Jacket Wedges (V)	Roast Turkey, Roast Potatoes and Gravy	Spaghetti Bolognese	Fish Fingers and Chips
Option two	Mac & Cheese (V)	Chicken Tagine with Cous-Cous	Jollof Rice, Quorn & Beans (V)	Chilli con Carne with 50/50 Rice	Vegetable Enchiladas and Rice (V)
Vegetables	Roasted Peppers Green Beans	Sweetcorn Peas	Leeks Carrots	Broccoli Cauliflower Sweet Potato Power Salad	Peas Baked Beans
Dessert	Yoghurt and Fresh Fruit Station	Apple & Raisin Strudel with Custard	Yoghurt and Fresh Fruit Station	Fruit Flapjack	Rice Pudding with Fruit Compote

MENU KEY



Added Plant Power



Wholemeal



Vegan & Planet Friendly

(V) Vegetarian

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised) - Bread freshly baked on site daily - Daily salad selection
- Fresh Fruit and Yoghurt is available daily

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.