

Week 1

Please see daily menu boards for all allergens.

chapter
one

MONDAY

Main

Cauliflower Cheese Pasta Bake

Veggie

Pesto Pasta

Sides

Green Beans and Carrot
Foccacia

Dessert

Apple Crumble

TUESDAY

Main

Toad in the Hole

Veggie

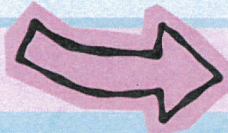
Vegetarian Toad in the
Hole

Sides

Roasted root vegetables, green
cabbage and roasted potatoes

Dessert

Jelly, Yoghurt and
Fruit Salad



WEDNESDAY

Main

Cottage Pie

Veggie

Vegetarian Pie

Sides

Cauliflower and Broccoli

Dessert

Carrot Cake

THURSDAY

Main

Chicken Tikka Massala

Veggie

(V) Indian Vegetable
Masala

Sides

Rice, Naan Bread, Spiced
Roasted Cauliflower

Dessert

Jelly, Yoghurt and
Fruit Salad

FRIDAY

Main

Chicken Burgers

Veggie

Vegetarian or Halloumi
Burgers

Sides

Chips, Garden Beans and Baked
Beans

Dessert

Courgette Cake

Week 2

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MONDAY

Main

Oven Baked Macarroni Cheese

Veggie

Arrabbiata Vegetable Sauce

Sides

Garlic Bread, Penne Pasta, Green Beans

Dessert

Spiced Banana Cake

TUESDAY

Main

Lemon & Thyme Chicken

Veggie

Cheese & Onion Quiche

Sides

Roasted Potatoes, Roasted Cauliflower & Broccoli
Yorkshire Pudding and Gravy

Dessert

Jelly, Yoghurt and Fruit Salad

WEDNESDAY

Main

Beef and Bean Enchilada

Veggie

Vegetarian Enchilada

Sides

Guacamole, Salsa, Nachos, Corn Coblents, Sweetcorn

Dessert

Beetroot Brownie

THURSDAY

Main

Jerk Chicken

Veggie

Jerk Toffu

Sides

Rice and Peas, Roasted Green Veg

Dessert

Jelly, Yoghurt and Fruit Salad

FRIDAY

Main

Home made Ham, Chicken or Pepperoni Pizza

Veggie

Margaritta Pizza

Sides

Chips, Garden Peas and Baked Beans

Dessert

Upside down Pineapple Cake

Week 3

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chapter
one

MONDAY

Main

Tomato Pasta Bake

Veggie

Cheese Sauce

Sides

Penne Pasta, Sweetcorn and
Green Beans
Garlic Bread

Dessert

Lemon Drizzle

TUESDAY

Main

Roasted Beef

Veggie

(V) Cheese and Onion
Pasty

Sides

Roasted Potatoes, Roasted
Carrot and Steamed Broccoli,
Yorkshire Pudding

Dessert

Jelly, Yoghurt and
Fruit Salad

WEDNESDAY

Main

Moroccan Chicken

Veggie

Moroccan Veg Tagine

Sides

Cous Cous
Harissa Roasted Veg

Dessert

Spiced Apple Cake

THURSDAY

Main

Chilli con Carne

Veggie

Vegetarian con Carne

Sides

Guacamole, Salsa, Nachos,
Corn Coblents, Sweetcorn

Dessert

Jelly, Yoghurt and
Fruit Salad

FRIDAY

Main

Fish Fingers

Veggie

(V) Fishless Fingers

Sides

Chips, Baked Beans and Garden
Peas

Dessert

Orange Cake