

Seasonal Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	We serve a range of breakfast options every day including cereals, yoghurt and fruit, english muffins, crumpets, toast and porridge.				
Lunch	TOMATO PASTA	CREAMY CURRY	SHEPHERDS PIE	PESTO PASTA	FISH FRIDAY
	<i>Yummy vegetables in a tomato sauce, tossed with pasta and sprinkled with cheese.</i>	<i>Mildly spiced creamy coconut curry with fluffy rice. Chicken or sweet potato.</i>	<i>Loaded with peas, carrots and onions in a rich gravy and topped with creamy mash. Lamb or chickpea.</i>	<i>Homemade basil pesto and broccoli tossed with pasta and baked with parmesan.</i>	<i>Baby spinach and vegetables in a creamy, buttery, cheesy sauce with mash potato and peas. Cod fish or vegetables.</i>
	Crème fraiche and fresh blueberries.	Low-sugar homemade banana cake.	Fresh fruit salad.	Rice Pudding and sultanas.	Low-sugar homemade carrot cake.
	All of our lunches come with vegetables or salad on the side.				
Snacks	Our chefs serve up a choice of healthy and balanced snacks throughout the day including; fresh fruit, cheese, oat cakes, breadsticks, homemade dips of tzatziki and roasted red pepper houmous.				
Tea	Filled rolls with fresh salad. Turkey, ham and cheese.	Baked beans, scrambled egg with cheese on wholemeal toast.	Fajita wrap, homemade salsa and salad. Chicken or corn.	Chef's soup of the day with a crusty roll.	Cheese and vegetable frittata with crudites.
	Second servings, yoghurt and fresh fruit is available after tea.				
Drinks	Water is available throughout the day and milk is served with breakfast and snacks.				

Seasonal Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	We serve a range of breakfast options every day including cereals, yoghurt and fruit, English muffins, crumpets, toast and porridge.				
Lunch	CHOW MEIN	VEGETABLE JAMBALAYA	ROAST DINNER	CAULIFLOWER MACARONI AND CHEESE	COTTAGE PIE
	<i>Vegetables, bean shoots and a splash of soy with noodles. Chicken or vegetables.</i>	<i>Colourful rice packed with vegetables and flavoured with paprika.</i>	<i>Scrummy roast potatoes, Yorkshire puddings, vegetables and gravy. Roast chicken or roasted butternut squash.</i>	<i>Cauliflower and macaroni pasta in a cheesy sauce baked with a crunchy golden top.</i>	<i>Hearty vegetable and tomato sauce topped with a creamy mash. Beef mince or lentil.</i>
	Fruit Yoghurt.	Low-sugar fruit crumble and custard.	A fresh melon medley.	Golden-syrup homemade fruity flapjack.	Pineapple and mango smoothie.
	All of our lunches come with vegetables or salad on the side.				
Snacks	Our chefs serve up a choice of healthy and balanced snacks throughout the day including; fresh fruit, cheese, oat cakes, breadsticks, homemade dips of tzatziki and roasted red pepper houmous.				
Tea	Cheese topped muffins. Tomato and cheese or tomato and tuna.	Breaded cod fish fingers, wholemeal wrap, cheese and beans.	Pitta pizzas with a homemade tomato sauce and salad.	Chicken and vegetable couscous.	3 cheese and basil pastry pinwheels with salad.
	Second servings, yoghurt and fresh fruit is available after tea.				
Drinks	Water is available throughout the day and milk is served with breakfast and snacks.				

Seasonal Menu - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	We serve a range of breakfast options every day including cereals, yoghurt and fruit, English muffins, crumpets, toast and porridge.				
Lunch	CHICKEN & EGG FRIED RICE	BAKED GNOCCHI	FISH PIE	STIR-FRY	CHICKEN & BUTTERNUT SQUASH BIRYANI & RICE
	<i>Rice with vegetables, egg and spring onion. Chicken or vegetable.</i>	<i>Potato dumplings with tomato, spinach and courgettes topped with cheese.</i>	<i>White sauce with peas and sweetcorn topped with mash. Cod fillet or vegetables.</i>	<i>Peppers, carrots and noodles with pineapple in a sweet and sour sauce. Beef or vegetables.</i>	<i>Traditional curry packed full of flavour with chicken and seasonal vegetables.</i>
	Greek yoghurt with raspberry compote.	Low-sugar homemade cherry shortbread.	Fresh fruit salad.	Low-sugar blueberry muffin.	Mango Ice-cream.
	All of our lunches come with vegetables or salad on the side.				
Snacks	Our chefs serve up a choice of healthy and balanced snacks throughout the day including; fresh fruit, cheese, oat cakes, breadsticks, homemade dips of tzatziki and roasted red pepper houmous.				
Tea	Jacket potato with beans, cheese and salad.	Cod fish cakes, cucumber sticks and sweetcorn.	Creamy mushroom pasta.	Moroccan vegetable tagine.	Chef's fish pasta.
	Second servings, yoghurt and fresh fruit is available after tea.				
Drinks	Water is available throughout the day and milk is served with breakfast and snacks.				