



## STANDARD LUNCH MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Vegetarian Curry with Rice Yoghurt	Cottage Pie with Mixed Vegetables Yoghurt	Chicken Casserole Yoghurt	Tuna Pasta Bake Yoghurt	Pork Sausage with Mashed Potato, Peas & Gravy Yoghurt
Week Two	Chilli Con Carne with Rice Yoghurt	Roast Chicken with New Potatoes & Carrots Yoghurt	Fish Pie & Broccoli Yoghurt	Glazed Gammon with Mashed Potato & Green Beans Yoghurt	Cauliflower Curry with Rice Yoghurt
Week Three	Spaghetti Bolognese Yoghurt	Sausage Casserole with Cauliflower & Broccoli Yoghurt	Fish Paella with Crusty Bread & Salad Yoghurt	Lentil Curry with Rice Yoghurt	Mexican Vegan Stew with Rice Yoghurt



## VEGETARIAN & ALLERGEN-FREE LUNCH MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Vegetarian Curry with Rice Yoghurt	Vegetable Pie Yoghurt	Quorn Casserole Yoghurt	Vegetable Pasta Bake Yoghurt	Vegan Sausage with Mashed Potato, Peas & Gravy Yoghurt
Week Two	Quinoa Chilli Con Carne with Rice Yoghurt	Quorn Fillets with New Potatoes & Carrots Yoghurt	Leek, Parsley & Potato Pie & Broccoli Yoghurt	Creamy Vegetable Puff-Pastry Pie with Mashed Potato & Green Beans Yoghurt	Cauliflower Curry with Rice Yoghurt
Week Three	Vegetarian Spaghetti Bolognese Yoghurt	Vegetarian Sausage Casserole with Cauliflower & Broccoli Yoghurt	Vegetable Paella with Crusty Bread & Salad Yoghurt	Lentil Curry with Rice Yoghurt	Mexican Vegan Stew with Rice Yoghurt

**Please note:** Items which contain known allergens will be substituted for allergen-free versions.



# STANDARD TEA MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Spaghetti on Toast Fruit Selection	Couscous with Chickpeas, Cucumber & Sweetcorn Fruit Selection	Pasta with Cherry Tomatoes Fruit Selection	Chicken or Cheese Sandwiches with Vegetable Sticks Fruit Selection	Carrot Soup with Bread Rolls Fruit Selection
Week Two	Beans on Toast Fruit Selection	Pitta Breads with Hummus & Vegetable Sticks Fruit Selection	Macaroni & Cheese with Sweetcorn Fruit Selection	Cheese & Salad Wraps Fruit Selection	Vegetable Soup with Bread Rolls Fruit Selection
Week Three	Spaghetti Hoops on Toast Fruit Selection	Ham or Cheese Sandwiches with Cucumber Sticks Fruit Selection	Cheese & Tomato Pasta Bake Fruit Selection	Couscous with Mixed Bean Salad and a Tomato & Onion Relish Fruit Selection	Tomato Soup with Bread Rolls Fruit Selection



## VEGETARIAN & ALLERGEN-FREE TEA MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Spaghetti on Toast Fruit Selection	Couscous with Chickpeas, Cucumber & Sweetcorn Fruit Selection	Pasta with Cherry Tomatoes Fruit Selection	Cheese Sandwiches with Vegetable Sticks Fruit Selection	Carrot Soup with Bread Rolls Fruit Selection
Week Two	Beans on Toast Fruit Selection	Pitta Breads with Hummus & Vegetable Sticks Fruit Selection	Macaroni & Cheese with Sweetcorn Fruit Selection	Cheese & Salad Wraps Fruit Selection	Vegetable Soup with Bread Rolls Fruit Selection
Week Three	Spaghetti Hoops on Toast Fruit Selection	Cheese Sandwiches with Cucumber Sticks Fruit Selection	Cheese & Tomato Pasta Bake Fruit Selection	Couscous with Mixed Bean Salad and a Tomato & Onion Relish Fruit Selection	Tomato Soup with Bread Rolls Fruit Selection

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