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Soup of the Day

**Sweet Pepper & Tomato** 

Main

Gluten Free Pasta with Vegan Bolognese

Main Vegetarian

Sweet Potato Falafel, Roasted vegetables

Allergy Aware Dish

Sweet Potato Falafel, Roasted vegetables

**Side Orders** 

Roasted vegetables

Garlic Bread

Dessert

Strawberry Yoghurt

#### TUESDAY

Soup of the Day

**Sweet Potato & Carrot** 

Main

Chicken Korma Served with Rice

Main Vegetarian

Vegetarian Cottage Pie

**Allergy Aware Dish** 

Chicken with Rice & Cauliflower

Side Orders

Naan Bread

**Roasted Cauliflower** 

Dessert

Orange polenta cake

#### WEDNESDAY

Soup of the Day

Fresh Red Lentil

Main

Moroccan Tagine Beef
Meatballs

Main Vegetarian

Vegetarian Moussaka

Allergy Aware Dish

Moroccan Tagine Beef Meatballs

Side Orders

**Lemon Couscous** 

Garden Peas

Dessert

Apple Crumble

#### THURSDAY

Soup of the Day

Green Pea and Spinach

Main

Roast Chicken with New Potatoes & Gravy

Main Vegetarian

Vegetable Egg Fried Rice

Allergy Aware Dish

Roast Chicken with New Potatoes & Gravy

Side Orders

**Roasted New Potatoes** 

Steamed Cabbage

Dessert

Chocolate Mousse Pot

#### **FRIDAY**

Soup of the Day

Leek & Potato

Main

Fish Finger Shop (Chips, Peas & Tartare sauce)

Main Vegetarian

Vegan quesadilla

Allergy Aware Dish

Char-Grilled Chicken, Chips & Peas

Side Orders

Chips

Garden Peas

Dessert

Raspberry Jelly







**MONDAY** 

Soup of the Day

Tomato & Basil

Main

Potato & Vegetable Frittata

Main Vegetarian

Gnocchi Fresh Tomato Sauce

Allergy Aware Dish

Roasted Vegetables & Vegan Cheese Stuffed Potato

Side Orders

Roasted Mediterranean Vegetables

Carrot

Dessert

Cherry Yoghurt Pot

TUESDAY

Soup of the Day

Carrot & Coriander

Main

Grilled Chicken Burger with Lemon Garlic Mayo

Main Vegetarian

Harissa Halloumi Skewers

**Allergy Aware Dish** 

Grilled chicken with Crisp Skin On Wedges & Corn

**Side Orders** 

Crisp Skin On Wedges

Corn on the cob

Dessert

Strawberry Jelly

WEDNESDAY

Soup of the Day

Super Green Pea & Spinach

Main

Traditional Beef Lasagne

Main Vegetarian

Feta Red Onion & Courgette Stuffed Peppers with Pesto Rice

**Allergy Aware Dish** 

Chilli Beef with Rice & Broccoli

**Side Orders** 

**Garlic Bread** 

Broccoli

Dessert

Chocolate Sponge & Chocolate Sauce

**THURSDAY** 

Soup of the Day

Spiced Chickpea & Coconut

Main

Turkey Schnitzel Served with Lemon & Dill New Potatoes

Main Vegetarian

Broccoli & Cauliflower Cheese Gratin

Allergy Aware Dish

Grilled Turkey Served with Lemon & Dill New Potatoes

Side Orders

Lemon & Dill New Potatoes

Savoy Cabbage

Dessert

Strawberry Mousse Pot

**FRIDAY** 

Soup of the Day

Sweetcorn Soup

Main

Homemade Fishcakes

Main Vegetarian

Tofu Singapore Rice Noodles

Allergy Aware Dish

Chicken & Rice Noodles

Side Orders

Crunchy Slaw

Peas

Dessert

Orange Jelly







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Soup of the Day

Carrot & Ginger

Main

Margherita Pizza

Main Vegetarian

Vegan Cheese & Tomato Gluten Free Pizza

Allergy Aware Dish

Vegan Cheese & Tomato
Gluten Free Pizza

Side Orders

Crisp Skin on Wedges

Carrot

Dessert

Strawberry Yoghurt Pot

#### **TUESDAY**

Soup of the Day

Roasted Red Pepper & Tomato

Main

Butter Chicken Curry Served with Rice

Main Vegetarian

Pesto & Courgette Pasta Bake

Allergy Aware Dish

Roasted Chicken with Rice & Cauliflower

Side Orders

Rice

**Roasted Cauliflower** 

Dessert

Apple & Cinnamon Strudel

#### WEDNESDAY

Soup of the Day

Broccoli Soup

Main

Gluten Free Spaghetti Bolognaise

Main Vegetarian

Sweetcorn Fritters, with Broccoli & Salad

**Allergy Aware Dish** 

Beef Bolognaise with Rice & Broccoli

Side Orders

**Garlic Bread** 

Broccoli

Dessert

Raspberry Jelly

#### THURSDAY

Soup of the Day

Cream of Mushroom

Main

Gyros Oregano Chicken Bar

Main Vegetarian

Sticky BBQ Quorn Bar

Allergy Aware Dish

Gyros Oregano Chicken with Lime & Coriander Rice

Side Orders

Lime & Coriander Rice

Crunch Vegetables Slaw

Dessert

Vanilla Sponge

#### **FRIDAY**

Soup of the Day

**Sweet Potato & Coconut** 

Main

Fish Burger with Chips & Tartare Sauce

Main Vegetarian

Peruvian Halloumi Burger with Fresh Lettuce Tomato & Onion

**Allergy Aware Dish** 

Grilled chicken Burger on Free From Bread

Side Orders

Chips

Corn on The Cob

Dessert

Cherry Yoghurt Pot



#### MONDAY TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Breakfast** 

**Breakfast** 

**Morning Break** 

Mango Smoothie

**Breakfast** 

**Breakfast** 

**Breakfast** 

Ham, Cheese & Toast

**Morning Break** 

Gluten Free Cereal bar

Yoghurt & Gluten Free Granola

**Morning Break** 

Vegetarian Sausage Roll

Lilibets

WEDNESDAY

**Breakfast** 

Yoghurt & Gluten Free

Granola

**Toasted Crumpets & Butter** 

**Morning Break** 

Pancake with Jam & Honey

**THURSDAY** 

**Breakfast** 

Gluten Free Cereal Bar

**Morning Break** 

Gluten Free Flapjack

**THURSDAY** 

**Breakfast** 

**Morning Break** 

Pancake with Jam & Honey

Banana Bread

**FRIDAY** 

**Breakfast** 

Toasted Crumpets & Butter .

**Morning Break** 

Cinnamon Puff Swirls

**FRIDAY** 

**Breakfast** 

Pancake with Jam & Honey

Fresh Garlic Dough Balls

week 2

**MONDAY** 

**Breakfast** 

Ham, Cheese & Toast **Morning Break** 

Jam sandwich

week 3

**MONDAY** 

**Breakfast** 

Ham, Cheese & Toast **Morning Break** Milk & White Chocolate

Cookies

**TUESDAY Breakfast** 

Pancake with Jam & Honey **Morning Break** 

Strawberry & Banana Smoothie

TUESDAY

**Breakfast** 

Gluten Free Cereal bar

**Morning Break** 

Banana Bread

**Morning Break** 

Cheesy Flat bread

WEDNESDAY

**Breakfast** 

Yoghurt & Gluten Free

Granola **Morning Break** 

Homemade Cheese Straws

**Toasted Crumpets & Butter** 

**Morning Break** 

Gluten Free Flapjack

**Morning Break** 

