

	Main Dishes	Second Option	Vegetables	Sides	Puddings
Monday	Chicken and bacon pasta bake	Butternut squash and spinach macaroni	Roasted vegetables Broccoli	Herby new potatoes Garlic bread	Chocolate sponge with chocolate custard
Tuesday	Steak and ale pie	Quorn mince and onion pie	Savoy cabbage Carrots	Mashed potato	Rice pudding
Wednesday	Lamb curry	Mushroom fricassee Chickpea and spinach curry	Bombay potato Spinach with nutmeg Peas	Mini naan breads Poppadoms Steamed rice	Banana fritters and butterscotch sauce
Thursday	Roast pork and apple sauce	Cauliflower cheese	Roast parsnips Cabbage Carrots	Roast potatoes	Baked apple and fruits of the forest tart with custard
Friday	Cod bites Battered cod	Lentil bake	Peas Grilled tomato	Chips	Baked vanilla cheesecake

Homemade soup, jacket potatoes, pasta, salad bar, fresh fruit, freshly baked bread, yoghurts, cakes and desserts also available daily.

	Main Dishes	Second Option	Vegetables	Sides	Puddings
Monday	Pork or Quorn meatballs in a rich tomato sauce	Spinach and ricotta cannelloni	Roasted vegetables Corn on the cob	Linguini Garlic bread	Orange & blackberry steamed pudding with custard
Tuesday	Sweet & Sour chicken Braised beef with pak choi	Stir-fried vegan Quorn with ginger & spring onion	Stir-fried vegetables Broccoli	Steamed Rice Mini Duck or Vegetable Spring Rolls Chow Mein	Apple and banana fritters Ice cream
Wednesday	Chilli con carne	Vegetable chilli Cheesy stuffed jacket potatoes	Sweetcorn Green beans	Steamed rice Guacamole Sour cream Mango salsa	Cherry lattice tart with cream
Thursday	Roast Chicken Butternut squash, spinach and feta parcels	Cauliflower cheese Pork & apricot Stuffing	Honey roasted parsnips Carrots Greens	Roast potatoes	Apple crumble with custard
Friday	Breaded cod Chicken buggets	Vegetarian paella	Peas Grilled tomatoes	Chips	Oreo cheesecake

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	Main Dishes	Second Option	Vegetables	Sides	Puddings
Monday	Beef bolognaise	Roasted peppers stuffed with Mediterranean vegetables and mozzarella	Broccoli	Spaghetti Garlic and herb bread	Creamy rice pudding
Tuesday	Chicken or vegetable fajitas Wraps or taco shells	Baked salmon in herb butter	Sweetcorn Green beans	Spicy wedges	Steamed ginger pudding with custard
Wednesday	Beef stew Dumplings	Spiced lentil and mushroom hot pot	Braised red cabbage Broccoli	Mashed potatoes	Lemon and raspberry Bakewell tart
Thursday	Roast pork loin Baked apple	Quorn roast Cauliflower cheese	Roasted parsnips Carrots Cabbage	Roast potatoes	Gluten free rhubarb and strawberry crumble
Friday	Battered haddock Fish fingers	Butternut squash and sweet potato curry	Peas Grilled tomatoes	Chips Rice	Lemon tart

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	Main Dishes	Second Option	Vegetables	Sides	Puddings
Monday	Chicken and chorizo tomato pasta bake	Spinach and ricotta stuffed mushrooms	Broccoli Sweetcorn	Garlic bread	Chocolate crispy cake with chocolate custard
Tuesday	Margherita pizza	Cod, haddock and salmon fish cakes	Roasted Mediterranean vegetables Broccoli	Pasta with tomato and basil sauce	Treacle tart with cream
Wednesday	Creamy lamb and coconut curry	Sweet potato and butter bean curry	Roasted cauliflower Spinach	Mini naan breads Steamed rice Lamb samosas	Bread and butter pudding with cream
Thursday	Roast beef Yorkshire pudding	Leek and broccoli mornay Vegan tart	Roast parsnips Cabbage Carrots	Roast potatoes	Gluten free apple crumble with custard
Friday	Moroccan spiced lamb meatballs or falafel in pitta bread with tzatziki and pepper sauce	Baked cod in tomato and basil sauce	Roasted vegetables Corn on the cob	Sweet potato fries	Swiss roll with fresh cream and berries

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	Main Dishes	Second Option	Vegetables	Sides	Puddings
Monday	Cheesy topped cottage pie	Vegan cottage pie with mushrooms, lentils and sweet potato	Greens Sweetcorn Braised red cabbage		Creamy rice pudding with reduced sugar jam
Tuesday	Chicken kiev	Macaroni cheese	Mediterranean vegetables Broccoli	Sauté Potato	Mini lemon pavlovas
Wednesday	Lamb or vegetable tagine	Aubergine wrapped halloumi	Roasted root vegetables Green beans	Cous cous Flat breads	Chocolate Swiss roll with fresh cream and raspberries
Thursday	Roast chicken Sage and onion stuffing	Cauliflower cheese	Roast parsnips Swede Greens	Roast potatoes	Apple and raspberry strudel with cream
Friday	Gammon with egg and pineapple	Spanish frittata	Corn on the cob Peas Grilled tomatoes	Roast potatoes	Banoffee pie

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	Main Dishes	Second Option	Vegetables	Sides	Puddings
Monday	Sausage meat plait with orange honey and chili	Macaroni cheese	Cabbage Sweetcorn	Mashed potatoes	Pear tart with cream
Tuesday	Turkey escalope with lemon and herb breadcrumbs	Breaded spicy bean burgers	Roasted vegetables Broccoli	Herby new potatoes Tomato and basil sauce	Mixed berry and lemon sponge with custard
Wednesday	Chili con carne	Roasted peppers stuffed with spicy beans and topped with vegan cheese	Corn on the cob Green beans	Steamed rice Taco shells Guacamole Mango Salsa Sour Cream	Creamy rice pudding with fruit compote
Thursday	Roast lamb Redcurrant jelly	Broccoli and cauliflower mornay	Roast parsnips Mashed swede Spring greens	Roast potatoes	Steamed fruit sponge with custard
Friday	Battered halloumi Fish fingers	Butternut squash, sage and feta tart	Grilled tomato Peas	Chips	Lemon meringue roulade

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	Main Dishes	Second Option	Vegetables	Sides	Puddings
Monday	Chicken meatballs in a carbonara sauce	Leek, feta and sweet potato filo tart	Spinach Roasted vegetables	Garlic bread Spaghetti	Jam sponge with custard
Tuesday	Margarita pizza	Cajun salmon	Broccoli Sweetcorn	Pasta with tomato and basil sauce	Treacle tart with cream
Wednesday	Lamb stew Herby dumplings	Lentil and three bean casserole	Mixed greens Roasted carrots with thyme	Swede and potato mash	Chocolate bread and butter pudding with cream
Thursday	Roast turkey Cranberry stuffing	Quinoa and falafel roast Cheese and vegetable gratin	Honey roasted parsnips and squash Cabbage Green beans	Roast potatoes	Apple and berry crumble
Friday	Battered cod Cod bites	Cheesy omelettes	Baked balsamic tomatoes Mushy peas	Chips	Baked chocolate cheesecake

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