

Monday

Tuesday

Wednesday


Thursday


















Friday

**Main Meal**

OPTION 1

OPTION 2




Margherita pizza & oven baked wedges 	Mixed bean bolognaise with penne pasta 	Vegetable sausages with roast potatoes & gravy 	Pea-powered vegetable stir fry with carrot rice 	Vegetable nuggets, chips & tomato ketchup 
Pepperoni pizza & oven baked wedges	Beef & lentil bolognaise with penne pasta 	Roast gammon with roast potatoes & gravy	Creamy coconut chicken & chickpea curry with carrot rice 	Fish fingers, chips & tomato ketchup
Broccoli 	Carrots & peas 	Carrot & cabbage 	Broccoli & Cauliflower 	Baked Beans 
Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Cheese Tuna mayo
Lemon shortbread biscuit 	Chocolate & banana brownie sponge 	Apple strudel & Custard 	Baked apple & cinnamon sponge 	Chocolate Shortbread 

**Veggies**



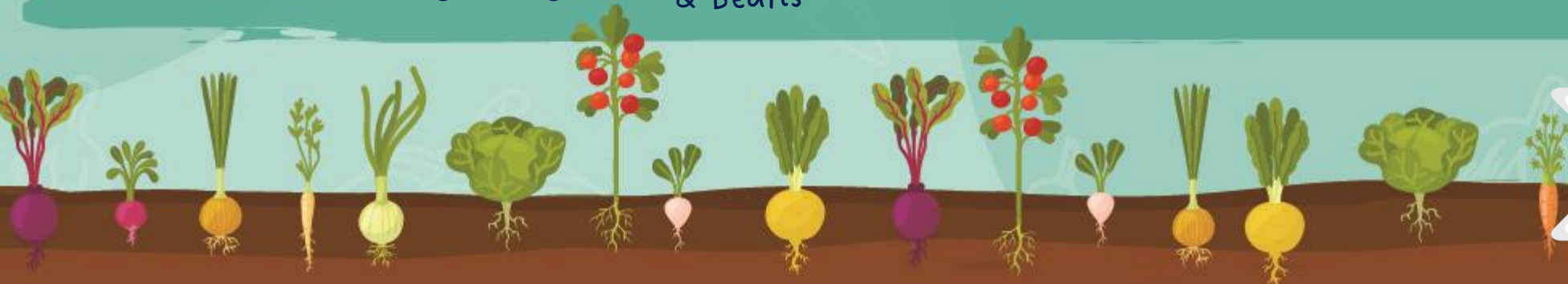
**Filled Rolls**





**Sweet Treats**




Available Every Day - Crunchy colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise & Cheese & Beans



**KEY**

Wholegrain  Vegetarian 

Nutritionist's Choice  Vegan 