

Week One

W/C 31/8, 21/9, 12/10, 2/11, 23/11, 14/12

Meat Free Monday

- V Margarita **Pizza with Sweetcorn
- V GF Baked Potato with *Cheese
- VG GF Lentil & Vegetable Chilli with Rice
- VG Fresh Fruit or Yoghurt

Tuesday

- 'Brunch Lunch' Pork Sausage, Roasted Tomato, Hash Brown & Beans
- VG 'Vegan Brunch' Vegan Sausage, Roasted Tomato, Hash Brown & Beans
- V GF Baked Potato with Baked Beans & Grated *Cheese
- VG Fruit Jelly or Yoghurt

Wednesday

- GF Roast Chicken, Roast Potatoes, Seasonal Vegetables & Gravy
- VG Quorn Nuggets, Roast Potatoes & Seasonal Vegetables
- V GF Baked Potato with Grated *Cheese
- VG Fresh Fruit or Yoghurt

Thursday

- Beef Bolognese with **Pasta & Peas
- VG Tomato Sauce with **Pasta & Peas
- V GF Baked Potato with Grated *Cheese
- V Greek Yoghurt with Black currents or Fresh Fruit

Friday

- **Breaded Fish Fingers, Oven Chips & Peas
- VG Vegetable Samosa, Oven Chips & Peas
- V GF Baked Potato with Tuna Mayonnaise
- V Blueberry Muffin or Fresh Fruit
- *Vegan Cheese is available upon request
- Everyday we provide a salad bar and wholemeal bread

Week Two

W/C 7/9, 28/9, 19/10, 9/11, 30/11

Meat Free Monday

- VG Plain Pasta served with Tomato & Basil Sauce
- V GF Potato & Vegetable Omelette with Sweetcorn
- V GF Baked Potato with *Grated Cheese
- VG Fresh Fruit or Yoghurt

Tuesday

- GF Beef Burger with *Bun & Baked Beans
- V Vegetable Burger with *Bun & Baked Beans
- VG GF Baked Potato with Beans & *Cheese
- VG Fresh Orange Wedges or Yoghurt

Wednesday

- GF Roast Chicken, Roast Potatoes, Seasonal Vegetables & Gravy
- V Baked Cheese Pasty, Roast Potatoes & Seasonal Vegetables
- VG GF Baked Potato with Baked Beans
- VG Fresh Fruit or Yoghurt

Thursday

- Bacon & Tomato Pasta Bake with Peas
- VG Pesto **Pasta & Peas
- V GF Baked Potato with Grated *Cheese
- V Strawberry Yoghurt with berries or Fresh Fruit

Friday

- **Breaded White Fishcake Oven Chips, & Beans
- GF Baked Potato with Beans & *Cheese
- V Chocolate Chip Muffin or Fresh Fruit
- **Gluten Free item available upon request

Week Three

W/C 14/9, 5/10, 26/10 (Half Term) 16/11, 7/12

Meat Free Monday

- V Macaroni Cheese & Green Vegetables
- VG Pesto Pasta & Green Vegetables
- V GF Baked Potato with *Grated Cheese
- VG Fresh Fruit or Yoghurt

Tuesday

- GF Beef Meat Balls, Tomato Sauce Steamed Rice & Carrots
- VG Vegan Meat Balls in Tomato Sauce with Rice & Carrots
- V GF Baked Potato with Grated *Cheese
- V Greek Yoghurt with Mango Chunks or Fresh Fruit

Wednesday

- GF Roast Chicken, Roast Potatoes, Seasonal Vegetables & Gravy
- VG Vegan Sausage Roll, Roast Potatoes & Seasonal Vegetables
- V GF Baked Potato with Grated *Cheese
- VG Fresh Fruit or Yoghurt

Thursday

- **Pork Sausage, Mash Potato & Mixed Vegetables
- VG Vegan Sausage, Mash Potatoes & Mixed Vegetables
- V GF Baked Potato with Grated *Cheese
- V Fruit Jelly & Cream or Fresh Fruit

Friday

- **Breaded White Fish Fillet Oven Chips & Peas
- VG Vegetable Samosa, Oven Chips & Peas
- Baked Potato with Tuna Mayonnaise
- V Blueberry Muffin or Fresh Fruit
- Everyday we provide a salad bar and wholemeal bread