

	WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Main	Penne Salmone	Quorn 'Meat'balls	Chickpea, Prawns & Vegetable Korma	5 beans and soya chilli con carne	Mac 'n' Cheese
	With	Fresh Smoked Salmon	Chipped potatoes	Coriander couscous	Brown rice	Tuna
	Veg	Roasted aubergine & courgette	Sweetcorn	Broccoli & cauliflower	Green beans	Steamed cabbage
	Salad	Salad bar (selection of lettuce, tomatoes, cucumber, grated carrots, cabbage and sweetcorn.)				
	Dressing	Grated parmesan	Homemade vegetable gravy		Sour cream	
	Dessert	Oranges	Apples	Bananas	Apples	Pears
	Bread			Naan bread or Chapatti	Tortilla chips	*alt tomato sauce
	Allergen Friendly	GF pasta. Lacto and dairy free cheese.	GF 'soya balls'	GF bread and pasta	5 bean chilli	GF pasta, lacto and dairy free cheese
Tea	Main	Wholemeal pittas with hummus and cucumber	Baked Beans (RSRS*) on wholemeal toast	Homemade lentil and vegetable soup of the day	Tuna & sweetcorn pasta salad	Egg mayo wholemeal sandwiches
	Dessert	Greek yoghurt & honey	Homemade rice pudding	Fresh fruit & natural yoghurt	Natural yoghurt & winter berries	Banana loaf

* Reduced salt and reduced sugar

	WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Main	Wholewheat pasta bar	Green Thai Curry	Vegetable Moussaka	Jacket potatoes with cheese, beans (RSRS*)	Fish pie
	With	Pesto, tomato & basil, and mushroom carbonara	White fish and Jasmine rice	Chefs fresh herby potatoes	Prawn Marie rose	Potato mash
	Veg	Green beans	Mange tout & baby corn	Carrots, Broccoli and peas	Carrots and sultanas	Petit pois
	Salad	Salad bar (selection of lettuce, tomatoes, cucumber, grated carrot and sweetcorn.)				
	Dressing	Grated parmesan	Lime wedges	Homemade Vegetable gravy		Homemade tartare/ketchup sauce
	Dessert	Satsumas & clementines	Apples	Oranges	Pears	Bananas
	Allergen Friendly	GF pasta & pasta, dairy and lacto free cheese	GF banana loaf		Lacto and dairy free cheese	
Tea	Main	Cheese wraps with homemade hummus/tzatziki and salad	Homemade potato and leek soup	Homemade Tomato soup with bread rolls	Vegetable pasta bake	Wholemeal Egg Mayo sandwiches
	Dessert	Greek yoghurt & honey	Banana loaf	Natural yoghurt & winter berries	Fresh fruit & natural yoghurt	Homemade rice pudding