

BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hydration	Milk Orange juice Apple juice Flavoured water	Milk Orange juice Apple juice Flavored water	Milk Orange juice Apple juice Flavored water	Milk Orange juice Apple juice Flavored water	Milk Orange juice Apple juice Flavored water
Hot Items	Bacon Poached egg Hash brown Baked beans	“BOOST IT” Waffle / pancakes with sweet & savoury toppings	Butchers' sausage Scrambled egg Baked Beans Grilled tomatoes	Mixed Danish pastries “Rise n Roll” carrot & sultana roll	Fried egg Sausage Hash brown Baked beans
Daily breakfast items	Selection of breads to toast, jams & spreads multi grain cereals, milk & dairy free alternative fruit yoghurts & porridge				
Fresh fruit	Selection of seasonal whole & sliced fruit				

BREAK TIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Pitta sticks & humus	Banana bread	“Boost It” Brownie	Pizza pin wheels	Homemade sausage roll
Week 2	Cheese croissant	Lemon drizzle cake	Pitta sticks & humus	“Boost It” Carrot cake	“Boost It” Chewy triple chocolate cookie
Week 3	Cheese & vegetable cookies	“Boost It” Mixed seed and cherry flapjack	Pesto pinwheel	Toasted buttered crumpet	Apple & blackberry “Wild Farmed” focaccia
Every day	Whole & cut fruit / crudities	Whole & cut fruit / crudities	Whole & cut fruit / crudities	Whole & cut fruit / crudities	Whole & cut fruit / crudities

LUNCH

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Soup of the day served with freshly baked bread, toppings, butter & dairy free spread				
Classic	<p>“MODERN ITALIAN”</p> <p>Beef bolognese Garlic bread</p>	<p>STREET FOOD”</p> <p>Smashed burger In a brioche roll Sliced cheese Fried onions</p>	<p>“CURRY MILE”</p> <p>Chicken curry Naan bites Pomegranate raita Mango chutney Vegetable scrap pakora</p>	<p>“ROAST DAY”</p> <p>Roast loin of pork Yorkshire pudding Caramelised apple sauce Gravy</p>	<p>“FISH FRIDAY”</p> <p>Battered Fish Fish fingers Tartar sauce Lemon wedges</p>
Nourish	Quorn Mince and bean Bolognese	Meat free Burger	Sweet potato paneer & spinach dhal and rice	Tomato and rocket risotto with shaved parmesan	Fishless fingers
Sides	<p>Pasta Roast Italian vegetables Green beans Parmesan cheese</p>	<p>Peas Baked beans Slaw Waffle fries</p>	<p>50/50 rice Sweetcorn Turmeric cauliflower</p>	<p>Skin on roast potatoes Broccoli Roast carrot and parsnips</p>	<p>Baked beans Peas Chips</p>
Jacket Potato Bar	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans
Salad Bar	Seasonal salads, daily protein item, fresh baked bread all complimented with daily dressings and toppings				
Dessert	Syrup sponge & cream	Pudding pots	Apple crumble and custard	Pudding pots	Chocolate pots & Plant based chocolate pots
Fruit & potted desserts	Fresh cut and whole fruits of the day, ripe and ready to eat, plus freshly made yoghurts and daily dessert pots				

LUNCH

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Soup	Soup of the day served with freshly baked bread, toppings butter & dairy free spread				
Classic	"MODERN ITALIAN" Meatballs and tomato sauce	"BANGERS N MASH" Selection of butcher's Sausages Gravy Fried onions	"TEX-MEX" Chilli con carne Nachos Salsa Guacamole Sour cream	"STREET FOOD" Pulled bbq turkey Pretzel roll	TASTE TOURIST DAY Your choice for lunch this week travel the globe
Nourish	Gnocchi with kale pesto & toasted seeds	Quorn sausages	Quorn mince & vegetable Chilli	Bbq Vegan fillet	
Sides	Penne pasta Broccoli Carrot Garlic & herb bread	Roasted root vegetables Sugar snaps Mashed potatoes	50/50 rice Sweetcorn "Waste knot" veg of the week	Skin on Wedges Red cabbage slaw Mixed vegetables	
Jacket Potato Bar	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans
Salad Bar	Seasonal salads, daily protein item, fresh baked bread all complimented with daily dressings and toppings				
Dessert	Jam & coconut sponge With custard	Pudding pots	Fruit crumble with custard	Rice pudding with toppings /plant-based rice pudding	Pudding pots
Fruit & potted desserts	Fresh cut and whole fruits of the day, ripe and ready to eat, plus freshly made yoghurts and daily dessert pots				

LUNCH

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Soup of the day served with freshly baked bread, toppings butter & dairy free spread				
Classic	"PASTA DAY" 50 /50 Penne pasta Pasta Carbonara Tomato & basil sauce	"FAJITA TUESDAY" Chicken fajitas Sour cream Guacamole Flour Tortilla	"PAN ASIAN" Sweet and sour pork with noodles Spring roll	"ROAST DAY" Roast Gammon Yorkshire pudding Gravy	"FISH FRIDAY" Battered Fish Fish fingers Tartar sauce Lemon wedges
Nourish	Roasted squash & sage risotto with toasted pumpkin seeds	Quorn vegetable Fajitas	Sweet and Sour Vegetables and Quorn	Broccoli and tomato quiche	Fishless fingers
Sides	Garlic Bread Broccoli Italian roast vegetables	Sauté potatoes and Mexican rice Sweetcorn Red cabbage slaw	Sugar snap peas Stir fried vegetables Prawn crackers	Skin on roast potatoes Broccoli Carrots	Baked beans Peas Chips
Jacket Potato Bar	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans
Salad bar	Seasonal salads, daily protein item, fresh baked bread all complimented with daily dressings and toppings				
Dessert	Apple oaty crumble & custard	Pudding pots	Chocolate sponge & chocolate custard	Carrot cake cinnamon rolls	Pudding pots
Fruit & potted desserts	Fresh cut and whole fruits of the day, ripe and ready to eat, plus freshly made yoghurts and daily dessert pots				

SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	HH smoky hot dogs Baked wedges, Beans	Roast chicken Roast potatoes Vegetables Gravy	Pupils' choice	Jacket potatoes Cheese Tuna Beans	Turkey meatballs Tomato sauce Wholemeal pasta
	Fresh fruit, Dessert, yoghurt				
Week 2	Pizza Parmentier potatoes, Vegetable sticks	Barbecue chicken Crushed potato Sweetcorn	Fish fingers wraps Crushed peas Lemon & tomato mayo	Macaroni cheese Garlic bread slicks Broccoli	Ham and cheese omelette Chips Salad
	Fresh fruit, Dessert, yoghurt				
Week 3	Salmon goujons Chips Peas	Ham, eggs & sauté potatoes Cucumber sticks	Honey Chicken Rice Slaw	Pizza Crudites Hummus	Sausage Mash potatoes Baked beans
	Fresh fruit, Dessert, yoghurt				