Allergy information available on request

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Main		
Macaroni Cheese	Chicken Quesadilla	Roast of the Day with Roast Potatoes and Gravy	Beef Meatballs with Pasta	Fish and Chips
		Vegetarian		
Chickpea and Spinach Curry with Rice	Veggie Quesadilla	Vegan Quorn Fillet with Roast Potatoes and Gravy	Vegan Meatballs with Pasta	Veggie Plait with Chips
		3rd Options		
Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Coleslaw	Pasta with Tomato Sauce and Cheese	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Coleslaw
		Vegetables		
Broccoli, Sweetcorn	Mixed Peppers, Peas	Carrots, Cabbage	Cauliflower, Butternut Squash	Peas, Baked Beans
		Dessert		
Apple Shortbread	Autumn Fruit Crumble with Custard	Chocolate Beetroot Cake	Fruit Jelly	Fruit Sorbet
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt
	,	,		ilable daily. Fresh fruit and yoghurt

Fresh seasonal salad and bread available daily. Fresh fruit and y available daily as an alternative to the dessert of the day.

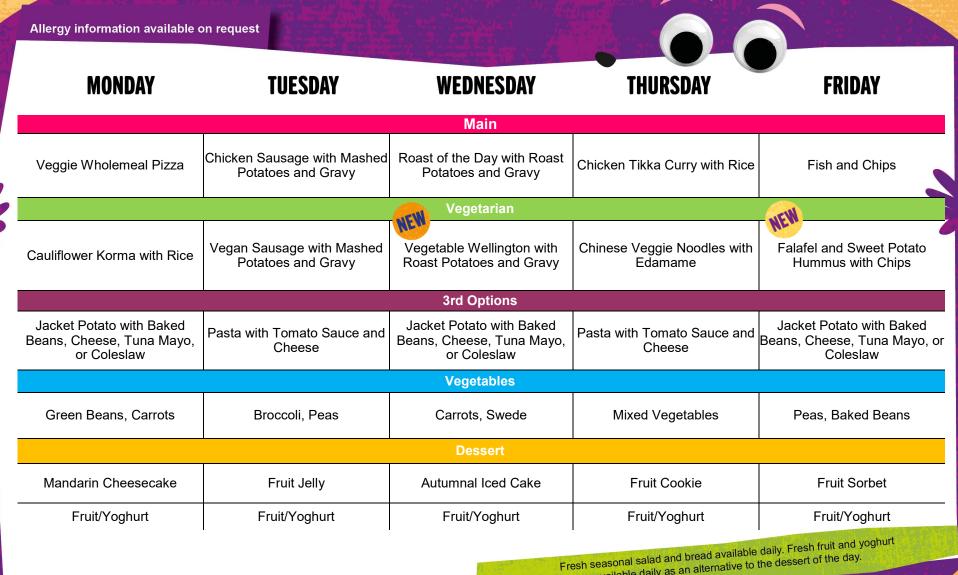


SOIL Association FOOD FOR LIFE CATERING MARK





WEEK 1



available daily as an alternative to the dessert of the day.







WFFK

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
N		Main		
ed Pepper, Cannellini Beans, and Spinach Noodles	Beef Burger with Wedges	Roast of the Day with New Potatoes and Gravy	BBQ Chicken with Rice	Fish and Chips
		Vegetarian	L	
Mediterranean Wholemeal Pitta Nachos	Vegan Burger with Wedges	Lentil Shepherdess Pie	Veggie Chilli with Rice	Veggie Nuggets with Chips
		3rd Options		
Jacket Potato with Baked eans, Cheese, Tuna Mayo, or Coleslaw	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, or Coleslaw	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, Salmon Mayo, or Coleslaw
		Vegetables		
Mixed Vegetables	Sweetcorn, Broccoli	Carrots, Parsnips	Green Beans, Cauliflower	Peas, Baked Beans
		Dessert	• •	
Chocolate Crispy Cake	Jelly	Raspberry and Coconut Flapjack	Autumn Eton Mess	Fruit Sorbet
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt
			Fresh daily. f as an	seasonal salad and bread available Fresh fruit and yoghurt available daily alternative to the dessert of the day.