

WEEK ONE 8th & 29th Sept, 20th Oct, 10th Nov, 1st & 22nd Dec, 19th Jan, 9th Feb, 2nd & 23rd March

	Monday	Tuesday	Wednesday	Thursday	Friday
ST*R DISH	Thai Yellow Vegetable Curry & Mixed Rice	Chilli BBQ Beef & Bean Ragu with Penne	Roast Chicken with Gravy & Roasties	BBQ Marinated Chicken Drumstick & Beak ST Rice	Sustainably Sourced Battered Fish & Chips
MEAY FREE	Mac & Cheese with Crispy Onion (V)	Vegemince Cottage Pie	Roast Quorn with Gravy & Roasties	Marinated Roasted Butternut or Cauliflower & Beak St Rice	Cheese & Tomato Pizza & Wedges/Chips
ĞRAB & GO+	BBQ Chicken Melt	Noodle Bar: Shanghai Pork Oriental Chicken	Greek Flatbread Topped with Marinated Chicken or Plant-Based Mince & Salad	Loaded Potatoes with Cheese & Spring Onion	Vegan Sausage Roll & Home- baked Potato Wedges
PMT 'N' TASTY	Tomato & Basil Pasta •美	Pesto Pasta	Shake Me Salads	Sweet & Sour Chicken & Rice	Pasta Arrabbiata
SIDES **	Broccoli, Baked Beans Amixed Salad, Crisp Garlic Bread	Broccoli, Carrots & Cauliflower Baked Beans Mixed Salad	Seasonal Greens & Carrots, Baked Beans Mixed Salad	Baked Beans Garden Salad, Vegetable Salad, Wedges	Peas, Baked Beans Mixed Salad
T#DAY'S DESSERTS	Cake of the Day	Cake of the Day	Cake of the Day	Cake of the Day	Cake of the Day









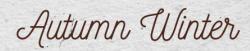












WEEK TWO 15th Sept, 6th & 27th Oct, 17th Nov, 8th Dec, 5th & 26th Jan, 16th Feb, 9th March

,	Monday	Tuesday	Wednesday	Thursday	Friday
★R SH	Baked Macaroni Cheese with Tomato & Oregano Topping (V)	Pork Sausage & Mash with Caramelised Onion Gravy	Roast Gammon Crispy Roasties & Pan Gravy	Marinated Shawarma Chicken Drumstick & Pilau Rice	Sustainably Sourced Battered Fish & Chips
AY EE	Roasted Vegetable & Hummus Panini	Spaghetti with Roasted Vegetables in Herby Tomato Sauce	Roasted Lentil Loaf with Sticky Ketchup Glaze & Roast Potatoes	Vegetable Sausage & Bean Hot Pot	Cheese & Tomato Pizza & Wedges/Chips
AB io-	Pepperoni Pizza & Oven-baked Wedges	Noodle Bar: Korean Plant- based Stir Fry or Oriental Chicken	Greek Flatbread Topped with Marinated Chicken or Plant-Based Mince & Salad	Katsu Chicken Burger	Home-baked Jacket Potato & Mild Vegetable Mince Chilli
T'N' STY	Beef Bolognese Pasta Pot	Tomato & Basil Pasta	Chicken Jalfrezi & Steamed Rice	Pasta Primavera	Plant-based Korean 'Chicken' Stir Fry & Rice
DES	Broccoli, Baked Beans Mixed Salad, Crisp Garlic Bread	Red Tractor Garden Peas or Sweetcorn, Baked Beans Mixed Salad	Seasonal Greens & Carrots Baked Beans Mixed Salad	Baked Beans Country Mixed Vegetables, Garlic Green Beans, Garden Salad	Peas, Baked Beans F, Mixed Salad
AY'S ERTS	Cake of the Day	Cake of the Day	Cake of the Day	Cake of the Day	Cake of the Day







Brain Boost

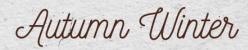












WEEK THREE 1st & 22nd Sept, 13th Oct, 3rd & 24th Nov, 15th Dec, 12th Jan, 2nd & 23rd Feb, 16th March

	Monday	Tuesday	Wednesday	Thursday	Friday
ST*R DISH	Oven Baked Chicken Goujons, Baked Potato Wedges	Mild Chicken, Sweet Potato & Lentil Korma & Mixed Rice	Greek Style Layered Beef & Pasta Bake	Jerk Marinated Chicken Drumstick & Jollof Rice	Sustainably Sourced Battered Fish & Chips
MEAN' FREE	Mild & Creamy Vegetable Korma Curry & Mixed Rice	Vegetable Bolognese Pasta & Garlic Bread Slice	Roasted Winter Vegetable Casserole & Roast Potatoes	Greek Style Vegetable Pastitsio (Layered Pasta Bake)	Cheese & Tomato Pizza, Wedges/Chips
ĞRAB & GO+	Pepperoni Pizza, Wedges/Chips	Noodle Bar Asian Noodle Broth	Greek Flatbread Topped with Marinated Chicken or Plant-Based Mince & Salad	Sticky Honey Hotdog & Onions	Vegetable Cheeseburger (V)
PET 'N' TASTY	Beef Bolognese Pasta Pot	Vegetable Tikka Masala & Mixed Rice	Oriental Chicken & Rice	Tomato & Basil Pasta Pot (Ve)	Pesto & Penne Pasta
SIDES • CIT	Sauteed Garlic Green Beans, Baked Beans Mixed Salad,	Baked Beans Garden Salad, Roasted Sweetcorn, Wedges	Seasonal Greens Salad, Roasted Winter Vegetables	Baked Beans Steamed Broccoli	Peas, Baked Beans Mixed Salad
T@DAY'S DESSERTS	Cake of the Day	Cake of the Day	Cake of the Day	Cake of the Day	Cake of the Day















