

# Menu 1



| Monday                                                                                                                                                                                                                          | Tuesday                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                            | Thursday                                                                                                                                                                                                                     | Friday                                                                                                                                                                                                                       |
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| <b>Lunch</b>                                                                                                                                                                                                                    |                                                                                                                                                                                                                      |                                                                                                                                                                                                      |                                                                                                                                                                                                                              |                                                                                                                                                                                                                              |
| <p>Beef meatballs (4 each) in rich tomato and vegetable sauce, pasta</p> <p><u>Vegan:</u></p> <p>Vegan meatballs (4 each) in rich tomato and vegetable sauce, pasta</p> <p>Vegan pancakes and forest fruits (vegan for all)</p> | <p>Fish fingers (3 each) with mash potato and peas</p> <p>Chocolate rice Crispy cakes</p> <p><u>Vegan:</u></p> <p>Fishless fingers (3 each) with mashed potato and peas</p> <p>Vegan Chocolate rice Crispy cakes</p> | <p>Vegetable and bean chilli con carne, rice and tortilla chips (vegan for all)</p> <p>Mixed fruit salad with Natural yoghurt</p> <p><u>Vegan:</u></p> <p>Mixed fruit salad with Coconut yoghurt</p> | <p>Homemade creamy chicken and vegetable pie, served with seasonal veg and mash potato</p> <p>Strawberry jelly</p> <p><u>Vegan</u></p> <p>Country vegetable pie, served with mash potato</p> <p>Strawberry jelly</p>         | <p>Turkey mince and vegetable bolognaise, wholemeal pasta, grated cheese</p> <p>Banana Bread</p> <p><u>Vegan:</u></p> <p>Plant-based mince and vegetable bolognaise, pasta, vegan grated cheese</p> <p>Vegan banana cake</p> |
| <b>Tea</b>                                                                                                                                                                                                                      |                                                                                                                                                                                                                      |                                                                                                                                                                                                      |                                                                                                                                                                                                                              |                                                                                                                                                                                                                              |
| <p>Wholemeal petit pan (1 each), chicken chunks, red pepper hummus cucumber sticks</p> <p><u>Vegan:</u></p> <p>Wholemeal petit pan, vegan chicken chunks, red pepper hummus cucumber sticks</p> <p>Fresh fruit and yoghurt</p>  | <p>Cheese scones (1 each), pepper sticks, soft cheese, sliced ham</p> <p><u>Vegan:</u></p> <p>Vegan cheese scones (1 each), pepper sticks, vegan soft cheese.</p> <p>Coconut yoghurt and pineapple</p>               | <p>Vegan dippers (4 each), cucumber slices, wraps and mayonnaise (vegan for all)</p> <p>Mixed Fruit flapjacks (vegan for all)</p>                                                                    | <p>Wholemeal pitta bread, roast beef, dairylea and carrot sticks</p> <p>Peaches and cream</p> <p><u>Vegan:</u></p> <p>Wholemeal pitta bread, hummus, vegan cream cheese and carrot sticks</p> <p>Peaches and vegan cream</p> | <p>Selection of sandwiches: (4 each)</p> <p>Cheese and tomato</p> <p>Chicken and cucumber</p> <p>Tuna and vegan mayo</p> <p>Fresh fruit and yoghurt</p> <p><u>Vegan:</u></p> <p>Selection of vegan sandwiches</p>            |

# Menu 2



| Monday                                                                                                                                                                                                                           | Tuesday                                                                                                                                                                                            | Wednesday                                                                                                                                                                                                                                                           | Thursday                                                                                                                                                                                                                                      | Friday                                                                                                                                                                                                                                                                    |
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| Lunch                                                                                                                                                                                                                            |                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                           |
| <p>Fish cakes (1 each) with sliced potatoes and baked beans</p> <p>Fresh fruit and yoghurt</p> <p><u>Vegan:</u></p> <p>Fishless fingers (1 each) with sliced potatoes and baked beans</p> <p>Fresh fruit and coconut yoghurt</p> | <p>Maccaroni Cheese made with hidden vegetable sauce</p> <p>Vegan brownie bites</p> <p><u>Vegan:</u></p> <p>Vegan Maccaroni Cheese made with hidden vegetable sauce</p> <p>Vegan brownie bites</p> | <p>Cottage Pie</p> <p>Served with mixed vegetables</p> <p><u>Vegan:</u></p> <p>Vegan Cottage pie</p> <p>Served with mixed vegetables</p> <p>Raspberry mouse with mixed berry compote</p>                                                                            | <p>Mild coconut chicken curry, vegetable rice and samosa(-sent cold)</p> <p>Blueberry muffin</p> <p><u>Vegan:</u></p> <p>Mild coconut and plant-based chicken curry, vegetable rice and samosa(-sent cold)</p> <p>Vegan blueberry cupcake</p> | <p>Homemade Ratatouille, tomato sauce and wholewheat pasta, grated cheese</p> <p><u>Vegan:</u></p> <p>Ratatouille of vegetables, tomato sauce and wholewheat pasta, vegan grated cheese</p> <p>Fruit jelly</p>                                                            |
| Tea                                                                                                                                                                                                                              |                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                           |
| <p>Tuna and sweetcorn pasta in a tomato sauce</p> <p>Fresh fruit and yoghurt</p> <p><u>Vegan:</u></p> <p>Tomato and sweetcorn pasta</p> <p>Homemade vegan shortread</p>                                                          | <p>Croissant, turkey slice, carrot sticks</p> <p>Waffles and banana (vegan for all)</p> <p><u>Vegan:</u></p> <p>Vegan croissant, plant-based turkey slice, carrot sticks</p>                       | <p>Cheese and tomato twists (1 each) with pepper sticks, cucumber sticks and hummus</p> <p>Fresh fruit and yoghurt</p> <p><u>Vegan:</u></p> <p>Vegan cheese and tomato twists, pepper sticks, cucumber sticks and hummus</p> <p>Fresh fruit and coconut yoghurt</p> | <p>Sub roll, ham, tomato and dairylea</p> <p>Fresh fruit and yoghurt</p> <p><u>Vegan:</u></p> <p>Sub roll, plant-based ham, tomato, vegan soft cheese</p> <p>Fresh fruit and coconut yoghurt</p>                                              | <p>Chicken fajitas with wraps, cucumber sticks, pepper sticks and grated cheese</p> <p>Fresh fruit and yoghurt</p> <p><u>Vegan:</u></p> <p>Vegan dippers (4 each) with wraps, cucumber sticks, pepper sticks and grated cheese</p> <p>Fresh fruit and coconut yoghurt</p> |

Menu 3



| Monday                                                                                                                                                                                                                          | Tuesday                                                                                                                                                   | Wednesday                                                                                                                                                                                                            | Thursday                                                                                                                                                                                                                                | Friday                                                                                                                                                                                                                    |
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| Lunch                                                                                                                                                                                                                           |                                                                                                                                                           |                                                                                                                                                                                                                      |                                                                                                                                                                                                                                         |                                                                                                                                                                                                                           |
| Beef bolognaise, pasta and grated cheese<br><br>Banana and custard<br><br><u>Vegan:</u><br>Plant based bolognaise, pasta and vegan grated cheese<br><br>Banana and vegan custard                                                | Jacket potato with beans, cheese and sliced cucumber<br><br>Chocolate mousse<br><br><u>Vegan:</u><br>Vegan chocolate mousse                               | Sweet potato and lentil dhal served with rice<br><br>Vegan for all<br><br>Vanilla cheesecake with mixed fruit                                                                                                        | Creamy salmon in hidden veg sauce, fusilli pasta<br><br>Fresh fruit and yoghurt<br><br><u>Vegan:</u><br>Tomato and vegetable pasta bake<br><br>Fresh fruit and coconut yoghurt                                                          | Pork and bean taco, tortilla pocket, grated cheese, tomato and cucumber salad<br><br>Fruitcake<br><br><u>Vegan:</u><br>Mixed bean taco, tortilla pocket, vegan grated cheese, tomato and cucumber salad<br><br>Vegan cake |
| Tea                                                                                                                                                                                                                             |                                                                                                                                                           |                                                                                                                                                                                                                      |                                                                                                                                                                                                                                         |                                                                                                                                                                                                                           |
| English muffins, diced chicken, sweetcorn and cheese slice<br><br>Fresh fruit and vanilla yoghurt<br><u>Vegan:</u><br>English muffins, meat alternative, dairy free cheese and sweetcorn<br><br>Fresh fruit and coconut yoghurt | Falafel balls (4 each), cucumber and carrot sticks and wraps<br><br>Yoghurt and mango chunks<br><br>Vegan for all<br><br>Coconut yoghurt and mango chunks | Ham and cheese sandwiches (4 each) with pepper sticks<br><br>Chocolate mousse and berries<br><br><u>Vegan:</u><br>Vegan ham and vegan cheese sandwiches with pepper sticks<br><br>Vegan Chocolate mousse and berries | Cheese twists (1 each), sliced ham and cucumber<br><br>Stewed apples and mixed berries with custard<br><br><u>Vegan:</u><br>Vegan cheese twists, plant-based ham and cucumber<br><br>Stewed apples and mixed berries with vegan custard | Pasta salad with chicken, vegan and nut free pesto<br><br>Fresh fruit and yoghurt<br><br><u>Vegan:</u><br>Pasta salad with vegan chicken, vegan and nut free pesto<br><br>Fresh fruit and coconut yoghurt                 |

