



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOT MEALS

MEAT

Bacon Carbonara & Focaccia Bread



Beef Chilli & Rice



Roast Chicken Roast Potatoes & Gravy



Beef Stew & Crusty Bread



Breaded Fish Chips & Beans



VEGETARIAN

Vegetable Hotpot



Cheese & Tomato Pasta Bake



Quorn Sausage Roast Potatoes & Gravy



Vegetable Pitta & Potato Wedges



Butternut Squash & Bean Burger Chips & Beans



JACKET POTATO

Cheese Beans or Tuna



Cheese Beans or Tuna



Cheese Beans or Tuna



Cheese Beans or Tuna



Cheese Beans or Tuna



All main meals are served with two vegetables



DESSERT

Apple & Raspberry Cake



Chocolate Cookie & Milk



Iced Sponge



Fruit Crumble & Custard



Fruity Flapjack



Yoghurt

Fresh Fruit



Yoghurt

Fresh Fruit



Yoghurt

Fresh Fruit



Yoghurt

Fresh Fruit



Yoghurt

Fresh Fruit



Use the Little Eaters icons as a rough guide to work out if you are eating a balanced diet.

Aim to eat as many fruits and vegetables in your lunch as part of your 5 a day.

Try to have less sugar and fat found in foods such as cakes and biscuits and eat more natural sugars found in fruits, and fats in foods like oily fish.

Peas in the Pod

PACKED LUNCH AVAILABLE

A variety of sandwiches and rolls are available throughout the week, along with salad, fresh fruit or dessert of the day.

AVAILABLE EVERY DAY

Water, salad, freshly baked bread, yoghurt & fresh fruit.



Menu is subject to change.

Please be assured that all notified medical diets and allergy requirements will be met accordingly.



Week commencing 09/09/24 30/09/24 04/11/24 25/11/24 16/12/24



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOT MEALS

MEAT

BBQ Chicken Wrap & Potato Wedges



Sausage & Mash



Roast Gammon
Roast Potatoes & Gravy



Chicken Korma & Rice



Fish Fingers or Salmon Fingers
Chips & Beans



VEGETARIAN

Margherita Pizza & Potato Wedges



Vegan Bolognese & Pasta



Sweet Potato & Butternut
Squash Bake
Roast Potatoes



Macaroni Cheese & Focaccia Bread



Vegetable Nuggets
Chips & Beans



JACKET POTATO

Cheese Beans or Tuna



Cheese Beans or Tuna



Cheese Beans or Tuna



Cheese Beans or Tuna



Cheese Beans or Tuna



All main meals are served with two vegetables



DESSERT

Chocolate & Beetroot Cake



Shortbread Biscuit & Milk



Raspberry Muffin



Pineapple Cake & Custard



Lemon Cookie



Yoghurt



Yoghurt



Yoghurt



Yoghurt



Yoghurt



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Calcium Cal

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MEALS	MEAT	Minced Beef Pie & Potatoes 	Bacon & Cheese Macaroni & Focaccia Bread 	Roast Pork Roast Potatoes & Gravy 	Spaghetti Bolognese & Garlic Bread 	Chunky Chicken Bites & Chips
	VEGETARIAN	Veggie Chilli & Pasta 	Cauliflower & Chickpea Curry & Rice 	Vegetable Pie Roast potatoes & Gravy 	Margherita Pizza & Potato Wedges 	Vegetable Fajita Wrap & Chips
JACKET POTATO		Cheese Beans or Tuna 	Cheese Beans or Tuna 	Cheese Beans or Tuna 	Cheese Beans or Tuna 	Cheese Beans or Tuna
<p style="text-align: center;">All main meals are served with two vegetables </p>						
DESSERT		Banana Marble Cake & Custard 	Fruit & Jelly 	Orange Drizzle Cake 	Oatie Cookie & Milk 	Chocolate Brownie
		Fruit Yoghurt 	Fruit Yoghurt 	Fruit Yoghurt 	Fruit Yoghurt 	Fruit Yoghurt



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