

Regular Menu Cycle 3

Cycle 3 Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Lunch Option					
Main Option 1	Pork Sausage with Mashed Potatoes, Sweetcorn & Gravy	Beef Bolognese with W/wheat Pasta, Salad & Garlic Bread	Roast Chicken with Roast Potatoes, Broccoli, Cauliflower, Carrots & Gravy	35A Sept. Cheese & Onion Whirls with Jacket Wedges & Baked Beans	Bubble Crumb Fish Fillet with Diced Potatoes & Garden Peas
Main Option 2	Vegetarian Sausage with Mashed Potatoes, Sweetcorn & Gravy	Vegan Bolognese with W/wheat Pasta, Salad & Garlic Bread	Roast Quorn Fillet with Roast Potatoes, Broccoli, Cauliflower, Carrots & Gravy	Vegetable Chilli with Vegetable Rice & Mixed Salad	Pasta Shapes in Lentil & Tomato Sauce with Crusty Bread & Mixed Salad
Sandwich Option 1	Tuna Mayonnaise with Side Salad	Egg Mayonnaise with Side Salad	Chicken with Side Salad	Dairy/lea with Side Salad	Ham with Side Salad
Sandwich Option 2	Cheese with Side Salad	Ham with Side Salad	Cheese with Side Salad	Cheese with Side Salad	Cheese with Side Salad
Jacket Potato & Filling	Cheese with Side Salad	Baked Beans with Side Salad	Tuna Mayonnaise with Side Salad	Cheese with Side Salad	Cheese & Baked Beans with Side Salad
Bread with no added fat or oil will be available every day					
Dessert Option					
Dessert	Gingerbread Biscuit	Fruit Muffin	Fresh Fruit Salad with Ice Cream	Chocolate Brownie	Organic Fruity Ice Lolly
Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection
Yoghurt Selection	Yoghurt Selection	Yoghurt Selection	Yoghurt Selection	Yoghurt Selection	Yoghurt Selection
Cheese with Biscuits & Raisins	Cheese with Biscuits & Raisins	Cheese with Biscuits & Raisins	Cheese with Biscuits & Raisins	Cheese with Biscuits & Raisins	Cheese with Biscuits & Raisins

Regular Menu Cycle 3					
Cycle 3 Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Lunch Option					
Main Option 1	GF Breaded Chicken Burger in a Bun With Diced Potatoes & Garden Peas	Macaroni Cheese With Crusty Bread & Green Beans	Pork Meatballs in Tomato Sauce with 50/50 Rice, Broccoli, Cauliflower & Carrots	Beef Lasagne With Garlic Bread & Mixed Salad	Fish Fillet Squares with Jacket Wedges & Baked Beans
Main Option 2	No Chicken Burger in a Bun with Diced Potatoes & Garden Peas	Vegan Sausage Roll with Mashed Potatoes & Green Beans	Quorn Meatballs in Tomato Sauce with 50/50 Rice, Broccoli, Cauliflower & Carrots	Vegetable Lasagne with Garlic Bread & Mixed Salad	Vegetable Fingers With Jacket Wedges & Baked Beans
Sandwich Option 1	Tuna Mayonnaise with Side Salad	Egg Mayonnaise with Side Salad	Chicken with Side Salad	Dairylea with Side Salad	Ham with Side Salad
Sandwich Option 2	Cheese with Side Salad	Cheese with Side Salad	Cheese with Side Salad	Egg Mayonnaise with Side Salad	Cheese with Side Salad
Jacket Potato & Filling	Cheese with Side Salad	Baked Beans with Side Salad	Tuna Mayonnaise with Side Salad	Cheese with Side Salad	Cheese & Baked Beans with Side Salad
Bread with no added fat or oil will be available every day					
Dessert Option					
Dessert	Syrup Sponge with Custard	Fruit Cookie	Chocolate Ice Cream Roll	Fruit Jelly with Mandarins	Apple Cake
Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection
Yoghurt Selection	Yoghurt Selection	Yoghurt Selection	Yoghurt Selection	Yoghurt Selection	Yoghurt Selection
Cheese and Biscuits	Cheese with Biscuits & Raisins	Cheese with Biscuits & Raisins	Cheese with Biscuits & Raisins	Cheese with Biscuits & Raisins	Cheese with Biscuits & Raisins

Regular Menu Cycle 3					
Cycle 3 Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Lunch Option					
Main Option 1	Beef Burger in a Bun with Diced Potatoes & Baked Beans	Mild Chicken Curry with 50/50 Rice, Garden Peas & Naan Bread	Roast Gammon with Roast Potatoes, Carrots, Broccoli & Gravy	Cheese & Tomato Pizza with Jacket Wedges & Mixed Salad	Fish Finger Wrap with Corn on the Cob & Mixed Salad
Main Option 2	Vegan Burger in a Bun With Diced Potatoes & Baked Beans	Sweet Potato and Chickpea Curry with 50/50 Rice, Garden Peas & Naan Bread	Roast Quorn Fillet with Roast Potatoes, Carrots, Broccoli & Gravy	Pasta in a Roasted Vegetable Tomato Sauce with Crusty Bread & Mixed Salad	Quorn Fishless Finger Wrap with Corn on the Cob & Mixed Salad
Sandwich Option 1	Tuna Mayonnaise with Side Salad	Ham with Side Salad	Chicken with Side Salad	Egg Mayonnaise with Side Salad	Ham with Side Salad
Sandwich Option 2	Cheese with Side Salad	Egg Mayonnaise with Side Salad	Cheese with Side Salad	Dairy/lea with Side Salad	Cheese with Side Salad
Jacket Potato & Filling	Cheese with Side Salad	Baked Beans with Side Salad	Tuna Mayonnaise with Side Salad	Cheese with Side Salad	Cheese & Baked Beans with Side Salad
Bread with no added fat or oil will be available every day.					
Dessert Option					
Dessert	Banana Cake with Custard	Chocolate Cornflake Cookie	Fruit Flapjack	Jam Sponge with Custard	Ice Cream Cones
Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection
Yoghurt Selection	Yoghurt Selection	Yoghurt Selection	Yoghurt Selection	Yoghurt Selection	Yoghurt Selection
Cheese and Biscuits	Cheese with Biscuits & Raisins	Cheese with Biscuits & Raisins	Cheese with Biscuits & Raisins	Cheese with Biscuits & Raisins	Cheese with Biscuits & Raisins