

Week		Monday	Tuesday	Wednesday	Thursday	Friday
O n e	Hot Snack	Cheese & tomato pizza	Tex Mex chicken with wedges	BBQ pizza	Hot beef sandwich	Beef burger with fries & relish
	Traditional Main	Chicken & spinach curry	Cottage pie	Beef lasagne with garlic bread or mixed salad	Chicken chasseur	Yankee doodle dandy delight
	Traditional Vegetarian	Butter bean hot pot	Cauliflower & broccoli pasta bake	Roasted vegetable and potato pie	Vegetable tikka masala with mixed rice	Vegetable pasta bake
	Dessert	-	Fruit crumble	Rice pudding	Banoffee pie	-
Week		Monday	Tuesday	Wednesday	Thursday	Friday
T w o	Hot Snack	BBQ pizza	Cajun chicken with wedges	Hot turkey sandwich	Cheese & tomato pizza	Sweet & sour chicken
	Traditional Main	Chicken Lasagne	Beef stew and dumplings	Indian meat balls with mixed rice	Meat and potato pie	Battered fish with fries
	Traditional Vegetarian	Cheese, onion and potato pie	Cauliflower cheese	Vegetable & five bean cottage pie	Tasty vegetable goulash with yellow rice	Vegetable chilli and mixed rice
	Dessert	-	Chocolate treacle sponge	Apple pie	Syrup sponge	-
Week		Monday	Tuesday	Wednesday	Thursday	Friday
T h r e e	Hot Snack	Cheese & tomato pizza	BBQ chicken wrap	Jerk chicken with wedges	BBQ pizza	Chicken burger with fries & relish
	Traditional Main	Chicken chow mein	Meat hot pot	Shepherd's Pie	Braised spicy beef	Pork and pepper supreme
	Traditional Vegetarian	Tomato & pepper pasta bake	Vegetable & bean curry with mixed rice	Vegetable lasagne with garlic bread	Vegetable pasta bake	Roasted vegetable risotto
	Dessert	-	Sponge and custard	Toffee apple crumble	Chocolate sponge	-

Also available at lunch: jacket potato, hot pasta with sauce, fish on twice a week and selection of salad

Menu's meets the Schools Food Trust; Eat Better Do Better Food-based Standards

Note : * Pork Sausage (Meat Group Two)

* Meatballs (Meat Group Four)

* Beef burgers (Meat Group One)

* Two fish dishes per week and one oily per three weeks

* Meat, Fish and Other Non-Dairy Sources of Protein; A food from this group must be provided on a daily basis

* Two Deep fried products per week

* 5 a Day (Fruit and Vegetables which will work towards your 5 a day allowance)

Food intolerances and allergies

* Customers are advised that foods produced in the dining halls are prepared in a multi discipline environment and caution should be exercised by those with intolerances/allergies.

