

## MONDAY

## TUESDAY







## WEDNESDAY

## THURSDAY

## FRIDAY

### WEEK ONE

04/09/2023  
25/09/2023  
16/10/2023  
13/11/2023  
04/12/2023

Option one	 Stir Fry Chicken with Rice	 A choice of Burger or Homemade Beetroot Burger with Toppings and Potato Wedges	Roast Turkey, Roast Potatoes & Gravy	Spaghetti Bolognese with Garlic Bread 	Chicken Nuggets with Potato Chips
Option two	 Vegetarian Stir Fry with Rice 		Boroka with Roast Potatoes & Gravy 	Vegetable & Lentil Bolognese with Garlic Bread	Veggie Nuggets with Chips
Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
Dessert	Lemon Drizzle or Fresh Fruit	Chocolate Mouse or Fresh Fruit	Cookie or Fresh Fruit	Jam and Coconut Sponge or Fresh Fruit	Chocolate Cake or Fresh Fruit




### WEEK TWO

11/09/2023  
02/10/2023  
30/10/2023  
20/11/2023  
11/12/2023

Option one	Chicken Schnitzel with Hash Brown	Beef Meatballs with Pasta	 <b>CHICKEN SHACK</b>	Classic Cottage Pie	Fish Fingers with Chips & Tomato Sauce
Option two	Veggie Schnitzel with Hash Brown	Vegetarian Meat Balls with Pasta	A choice of BBQ or Lemon & Herb Chicken or Falafel, with Pita Bread and Salads 	Vegetable & Lentil Cottage Pie 	Cheese Omelette with Chips & Tomato Sauce
Vegetables	Vegetables of the Day	Vegetables of the Day	Israeli Salad	Vegetables of the Day	Vegetables of the Day
Dessert	Carrot Cake or Fresh Fruit	Apple Crumble with Custard or Fresh Fruit	Lemon Shortbread or Fresh Fruit	Chocolate Drizzle Cake with Chocolate Sauce or Fresh Fruit	Vanilla Shortbread or Fresh Fruit

### WEEK THREE

18/09/2023  
09/10/2023  
06/11/2023  
27/11/2023

Option one	A choice of Tomato or Cheesy Sauce, Pasta with Toppings Including Chicken 	Chicken Taco with Cous Cous	Sweet n Sour Chicken with Herby Rice	Chicken Pie with Mashed Potatoes	Classic Lasagne with Garlic Bread
Option two		Vegetable & Taco with Cous Cous 	Sweet n Sour Vegetables with Rice 	Leek & Vegetable Casserole with Puff Pastry Lid	Macaroni Cheese with Garlic Bread
Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
Dessert	Iced Sponge or Fresh Fruit	Chocolate Orange Cookie or Fresh Fruit	Oaty Cookie or Fresh Fruit	Peach Upside Down Cake with Custard or Fresh Fruit	Vanilla Cake or Fresh Fruit

#### MENU KEY



Added Plant Power



Wholemeal



Vegan



Chef's Special

#### ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

**Available Daily:** - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily- Daily salad selection