**Week one menu**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Meat free Friday |
| Breakfasts | Cereals, Ready brek, toast, jam, marmite | Cereals, Ready brek, toast, jam, marmite | Cereals, Ready brek, toast, jam,  marmite | Cereals, Ready brek, toast, jam, marmite | Cereals, Ready brek, toast, jam, marmite |
| Mid-morning  Snack | Fresh Fruit, breadsticks,  rice cakes | Fresh Fruit, breadsticks,  rice cakes | Fresh Fruit, breadsticks,  rice cakes | Fresh Fruit, breadsticks,  rice cakes | Fresh Fruit, breadsticks,  rice cakes |
| Lunch | **Fish crumble pie** new pots, broccoli,  baby carrots  Cheese, grapes | **Chicken curry**  Wholegrain rice  Ice cream & wafer | **Sausage & bean casserole**  Green beans  Plums & custard | **Minced beef pie**,  Mashed potatoes cabbage  Greek rice pudding | **Veggie lasagne**  Garlic bread  **Apricot dessert** |
| Mid-afternoon  snack | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl |
| Tea | **Chicken goujons**  Spaghetti hoops  Yoghurt | **Macaroni cheese,**rolls, cucumber & tomato slices  **Victoria sandwich** | **Chicken fajita wraps**  salad  **Fruit salad** | **Roasted vegetable pizza**  mixed salad  Fruit in jelly | Jacket potatoes  with cheese  baked beans  **Cookies** |
| A.S.C. | Fish crumble pie & vegetables | As above | As above with chips | Minced beef pie & vegetables | As above |

\* ***Items in bold denotes homemade***

*Week starting 02/11*

**Week two menu**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Meat free Friday |
| Breakfasts | Cereals, Ready brek, toast, jam, marmite | Cereals, Ready brek, toast, jam, marmite | Cereals, Ready brek, toast, jam,  marmite | Cereals, Ready brek, toast, jam, marmite | Cereals, Ready brek, toast, jam, marmite |
| Mid-morning  Snack | Fresh Fruit, breadsticks,  rice cakes | Fresh Fruit, breadsticks,  rice cakes | Fresh Fruit, breadsticks,  rice cakes | Fresh Fruit, breadsticks,  rice cakes | Fresh Fruit, breadsticks,  rice cakes |
| Lunch | **Moroccan lamb** vegetable rice  **Stewed fruit** &custard | Fish in tomato sauce, new pots, baby carrots  Yoghurt | **Cottage pie** with green beans  Semolina with peaches | Roast pork,  roast potatoes  cabbage,  sweetcorn  Pears & greek yoghurt | **Vegetable & red lentil dhansak**  & rice  **Apple & oat** **crumble** & custard |
| Mid-afternoon  snack | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl |
| Tea | **Carbonara**  brown bread & butter, carrot sticks  **Banana loaf** | **Cheese & potato pie**  baked beans  Fresh fruit salad | Sandwich tea  cheese/ham, saus roll, cucumber slices  **Date loaf** | **Chicken enchiladas**  shredded lettuce  tomato slices  **Chocolate iced cake** | Fish fingers, peas  sliced tomatoes  **Carrot cake** |
| A.S.C. | **Moroccan lamb** & rice | Fish in sauce & vegetables | **Cottage pie** | Roast pork with vegetables | As above with wedges |

\* ***Items in bold denotes homemade***

*Week starting 09/11*

**Week three menu**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Meat free Friday |
| Breakfasts | Cereals, Ready brek, toast, jam, marmite | Cereals, Ready brek, toast, jam, marmite | Cereals, Ready brek, toast, jam,  marmite | Cereals, Ready brek, toast, jam, marmite | Cereals, Ready brek, toast, jam, marmite |
| Mid-morning  Snack | Fresh Fruit, breadsticks,  rice cakes | Fresh Fruit, breadsticks,  rice cakes | Fresh Fruit, breadsticks,  rice cakes | Fresh Fruit, breadsticks,  rice cakes | Fresh Fruit, breadsticks,  rice cakes |
| Lunch | **Spaghetti Bolognese**  Garlic bread & grated cheese  Apple sponge & custard | **Beef cobbler**  Potatoes,  swede & carrot  Frozen yoghurt | Roast chicken, roast potatoes, broccoli, sweetcorn  Melon cubes | Fish in **cheese sauce**  new potatoes  french beans  Fresh fruit salad | **Vegan pie,**  Mashed potatoes  Broccoli  Banana &custard |
| Mid-afternoon  snack | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl |
| Tea | Sausages & baked beans  **Flapjack** | Brown rolls with ham, grated cheese, lettuce, cherry tomatoes  Pom bears  **Gingerbread** | Jacket potatoes with tuna & cheese  cucumber slices  **Rocky roads** | **Tomato pasta** & grated cheese  **Cookies** | **Margherita pizza**  mixed salad  Mandarin jelly |
| A.S.C. | As above with Mashed potatoes | **Beef cobbler & vegetables** | Roast chicken & vegetables | Fish in sauce with vegetables | As above |

\* ***Items in bold denotes homemade***

*Week starting 16/11*

**Week four menu**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Meat free Friday |
| Breakfasts | Cereals, Ready brek, toast, jam, marmite | Cereals, Ready brek, toast, jam, marmite | Cereals, Ready brek, toast, jam,  marmite | Cereals, Ready brek, toast, jam, marmite | Cereals, Ready brek, toast, jam, marmite |
| Mid-morning  Snack | Fresh Fruit, breadsticks,  rice cakes | Fresh Fruit, breadsticks,  rice cakes | Fresh Fruit, breadsticks,  rice cakes | Fresh Fruit, breadsticks,  rice cakes | Fresh Fruit, breadsticks,  rice cakes |
| Lunch | **Chilli** with rice  **Plum & apple crumble** & custard | Roast chicken, roast potatoes,  cabbage  Rice pudding with sultanas | Tuna pasta bake peas  Pears & vanilla sauce | Turkey meatballsin gravy, mashed potatoes & mixed veg  Jelly & ice cream | **Vegetarian bolognese**  Grated cheese  Fresh fruit salad |
| Mid-afternoon  snack | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl |
| Tea | **Cheese & bacon whirls,** baked beans  Fruit cocktail | Cheese & ham crowns  Carrot stks,  cucumber slices  **Lemon cake** | Sausage rolls  Cherry tomatoes  Yoghurt | Fish cakes & spaghetti hoops  **Fruit scones**  &jam | Sandwich tea, cheese/egg, veggie cocktail sausages, cucumber slices  **Coconut tart** |
| A.S.C. | Chilli & rice | Roast chicken & vegetables | As above with chips | Turkey meatballs with vegetables | As above with pom bears |

\* ***Items in bold denotes homemade***

*Week starting 23/11*