**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 riceIce cream & wafer | **Sausage & bean casserole**Green beansPlums & custard | **Minced beef pie**,Mashed potatoes cabbageGreek rice pudding | **Veggie lasagne**Garlic bread**Apricot dessert** |
| Mid-afternoonsnack | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl |
| Tea | **Chicken goujons**Spaghetti hoopsYoghurt | **Macaroni cheese,**rolls, cucumber & tomato slices**Victoria sandwich**  | **Chicken fajita wraps**salad**Fruit salad** | **Roasted vegetable pizza**mixed saladFruit in jelly | Jacket potatoeswith cheesebaked 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 carrotsYoghurt | **Cottage pie** with green beansSemolina with peaches | Roast pork,roast potatoescabbage,sweetcornPears & greek yoghurt | **Vegetable & red lentil dhansak**& rice**Apple & oat** **crumble** & custard |
| Mid-afternoonsnack | 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 beansFresh fruit salad | Sandwich tea cheese/ham, saus roll, cucumber slices**Date loaf** | **Chicken enchiladas**shredded lettucetomato slices **Chocolate iced cake** | Fish fingers, peassliced 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 cheeseApple sponge & custard | **Beef cobbler**Potatoes, swede & carrotFrozen yoghurt | Roast chicken, roast potatoes, broccoli, sweetcornMelon cubes | Fish in **cheese sauce**new potatoesfrench beansFresh fruit salad | **Vegan pie,**Mashed potatoes BroccoliBanana &custard |
| Mid-afternoonsnack | 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 tomatoesPom bears**Gingerbread** | Jacket potatoes with tuna & cheesecucumber slices**Rocky roads** | **Tomato pasta** & grated cheese**Cookies** | **Margherita pizza**mixed saladMandarin 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,cabbageRice pudding with sultanas | Tuna pasta bake peasPears & vanilla sauce | Turkey meatballsin gravy, mashed potatoes & mixed vegJelly & ice cream | **Vegetarian bolognese**Grated cheeseFresh fruit salad |
| Mid-afternoonsnack | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl | Fresh fruit bowl |
| Tea | **Cheese & bacon whirls,** baked beansFruit cocktail | Cheese & ham crownsCarrot stks,cucumber slices**Lemon cake** | Sausage rollsCherry tomatoesYoghurt | 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*