

## MONDAY

Planet Friendly Day

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### WEEK ONE

W/C  
30 October  
20 November  
11 December  
15 January  
5 February  
4 March  
25 March

Option one	Cheese and Tomato Pizza (V)	Roasted Cauliflower Curry & 50/50 Rice (VE)	Minced Beef with Mash Potatoes	Lentil and Roasted Vegetable Pasty with Mash & Gravy (VE)	Fishfingers with Chips
Option two	Chickpea Tagine with Cous-Cous (VE)	BBQ Chicken and Rice	Glamorgan Bean Sausages with Jacket Wedges (V)	Chicken in tomato sauce Pasta	Classic Mac & Cheese (V)
Vegetables	Cauliflower (VE) Green Beans (VE) Tabbouleh Power Salad (VE)	Broccoli (VE) Sweetcorn (VE)	Carrots (VE) Cabbage (VE)	Roasted Peppers (VE) Green Beans (VE)	Peas (VE) Baked Beans (VE)
Dessert	Pear Crumble with Custard (V)	Yoghurt and Fresh Fruit Station (V)	Mandarin Cheesecake (V)	Banana Loaf (V)	Yoghurt and Fresh Fruit Station (V)

### WEEK TWO

W/C  
6 November  
27 November  
18 December  
22 January  
19 February  
11 March

Option one	Minced Tortilla Stack with 50/50 Rice (V)	Mexican Bean Fajitas with 50/50 Rice (VE)	Roast Chicken with Roast Potatoes and Gravy	Chicken Sausages with Mash Potato & Gravy	Fragrant Butterbean Risotto (VE)
Option two	Broccoli Pasta Bake (V)	Beef Lasagne	Lentil Wellington with Roast Potatoes (VE)	Hearty Spaghetti Bolognese (VE)	Battered Fish & Chips
Vegetables	Roasted Tomatoes (VE) Broccoli (VE)	Sweetcorn (VE) Courgettes (VE)	Cauliflower (VE) Carrots (VE)	Red Cabbage (VE) Green Beans (VE)	Peas (VE) Baked Beans (VE) Roasted Veg Power Salad (VE)
Dessert	Eves Pudding with Custard (V)	Pear & Ginger Slice (V)	Yoghurt and Fresh Fruit Station (V)	5 A Day Cake (V)	Yoghurt and Fresh Fruit Station (V)

### WEEK THREE

W/C  
13 November  
4 December  
8 January  
29 January  
26 February  
18 March

Option one	Vegan Mince with 50/50 Rice (VE)	Spicy Bean Burger with Jacket Wedges (VE)	Roast Turkey, Mashed Potatoes and Gravy	Roasted Vegetable Pizza (V)	Fish Fingers and Chips
Option two	Chickpea & Vegetable Hot Pot with Mash Potato (VE)	Chicken Tagine with Cous-Cous	Jollof Rice, Quorn & Beans (V)	Chilli con Carne with 50/50 Rice	Mexican Enchiladas and Rice (V)
Vegetables	Roasted Peppers (VE) Green Beans (VE)	Sweetcorn (VE) Peas (VE)	Leeks (VE) Carrots (VE)	Broccoli (VE) Cauliflower (VE) Sweet Potato Power Salad (VE)	Peas (VE) Baked Beans (VE)
Dessert	Yoghurt and Fresh Fruit Station (V)	Apple & Raisin Strudel with Custard (V)	Yoghurt and Fresh Fruit Station (V)	Peach Upside Down Cake with Custard (V)	Rice Pudding with Fruit Compote (V)

### MENU KEY



Added Plant Power



Planet Friendly Option



Wholemeal

Vegan (VE)

(V) Vegetarian

#### Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised) - Bread freshly baked on site daily - Daily salad selection
- Fresh Fruit and Yoghurt is available daily

#### 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.