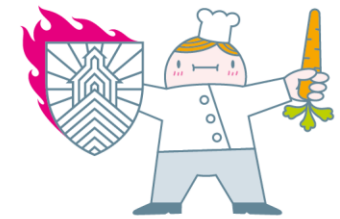


WHAT'S FOR LUNCH? WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	'Rasta Pasta' Jerk Spiced Creamy Sauce with Peppers OR Tomato & Roasted Veg Sauce with Wholegrain Pasta	Nut Free Satay Chicken Thigh	Tuna, Olive, Parsley & Chilli Ragu OR Tomato & Roasted Veg Sauce with Wholegrain Pasta	Shredded Chicken Quesadilla with Mixed Beans, Onion, Mozzarella, Pepper & Mushroom	Panko Breaded Plaice Fillet
MAIN (OPTION 2)	Jacket Potatoes: Choice of Two Toppings: Vegan Chilli, Tuna, Cheese	Nut Free Satay Tofu & Aubergine Skewers Satay Coconut Sauce	Jacket Potatoes: Choice of Two Toppings: Baked Beans, Tuna, Cheese	Veggie Enchilada – Tortilla with Beans, Pepper, Mushroom, Onion & Mozzarella Baked in a Tomato Sauce	Courgette, Red Onion, Broccoli & Feta Cheese Puff Pastry Slice
SIDES Where main includes, portion will be offered as optional extra	Gem Lettuce, Plum Tomato, Cucumber, Olive & Balsamic Glaze	Steamed Rice Papaya, Carrot, Pepper, Beansprout	Gem Lettuce, Plum Tomato, Cucumber, Olive & Balsamic Glaze	Lemon & Herb Rice	Mixed Salad Leaves Tartare Sauce & Ketchup
VEGETABLES	Steamed Peas	Sesame & Chilli Steamed Green Beans	Steamed Peas	Corn on the Cob Bean, Pepper, Red Onion & Coriander Salsa	Roast Broccoli Potato Wedges
BREAD	Garlic & Herb Focaccia		Garlic & Herb Focaccia		
DESSERT	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Blueberry, Oat & Banana Cupcakes

Weeks commencing: 7th September, 28th September, 19th October, 16th November & 7th December

WHAT'S FOR LUNCH? WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Spinach, Kale & Basil Pesto & Crème Fraiche Sauce OR Tomato & Roasted Veg Sauce with Wholegrain Pasta	Chicken Sausages	Vegetable Lasagne OR Tomato & Roasted Veg Sauce with Wholegrain Pasta	Jerk Chicken Thigh	Panko Breaded Plaice Fillet Baked Red Mullet with Chilli & Lemon
MAIN (OPTION 2)	Jacket Potatoes: Choice of Two Toppings: Vegan Chilli, Tuna, Cheese	Vegan Sausages	Jacket Potatoes: Choice of Two Toppings: Vegan Chilli, Tuna, Cheese	Jerk Spiced Sweet Potato & Kidney Bean Patty	Panko Breaded Oyster Mushroom Goujons
SIDES Where main includes, portion will be offered as optional extra	Gem Lettuce, Plum Tomato, Cucumber, Olive & Balsamic Glaze	Potato & Celeriac Mash Vegetable Gravy	Gem Lettuce, Plum Tomato, Cucumber, Olive & Balsamic Glaze	Wholegrain Rice & Kidney Beans with Coconut, Thyme & Scotch Bonnet	Mixed Salad Leaves Tartare Sauce & Ketchup
VEGETABLES	Steamed Peas	Steamed Carrots	Steamed Peas	Corn on the Cob	Roast Broccoli Potato Wedges
BREAD	Garlic & Herb Focaccia		Garlic & Herb Focaccia		
DESSERT	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Dark Chocolate & Rye Cookies

Weeks commencing: 14th September, 5th October, 2nd November, 23rd November, 14th December

WHAT'S FOR LUNCH? WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Sundried Tomato, Courgette & Red Pepper Pesto & Crème Fraiche Sauce OR Tomato & Roasted Veg Sauce with Wholegrain Pasta	Chicken Breast Burger	Creamy Salmon, Parsley, Lemon & Pea Sauce OR Tomato & Roasted Veg Sauce with Wholegrain Pasta	Lamb, Beef & Aubergine Minced Spiced Kofta	Panko Breaded Plaice Fillet
MAIN (OPTION 2)	Jacket Potatoes: Choice of Two Toppings: Vegan Chilli, Tuna, Cheese	Sweetcorn, Courgette, Onion & Chilli Fritter 'Burger'	Jacket Potatoes: Choice of Two Toppings: Baked Beans, Tuna, Cheese	Falafel	Spinach, Red Onion & Feta Cheese Filo Pastry Parcel
SIDES Where main includes, portion will be offered as optional extra	Gem Lettuce, Plum Tomato, Cucumber, Olive & Balsamic Glaze	Potato Wedges	Gem Lettuce, Plum Tomato, Cucumber, Olive & Balsamic Glaze	Wholegrain Rice Carrot Hummus Garlic Tahini Yoghurt	Mixed Salad Leaves Tartare Sauce & Ketchup
VEGETABLES	Steamed Peas	Corn on the Cob Sliced Tomato Lettuce Pickles	Steamed Peas	Red Cabbage, Cucumber, Tomato, Pomegranate & Spring Onion Crunchy Salad	Roast Broccoli Potato Wedges
BREAD	Garlic & Herb Focaccia	Burger Bun	Garlic & Herb Focaccia	Pitta Bread	
DESSERT	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Carrot Cake Cupcakes

Weeks commencing: 21st September, 12th October, 9th November & 30th November