



Grab and Go

Monday

Cheese and Tomato Sandwich

Cake or Biscuit, Fruit, Yoghurt, Drink

Tuesday

Chicken Sandwich

Cake or Biscuit, Fruit, Yoghurt, Drink

Wednesday

Ham Baguette

Cake or Biscuit, Fruit, Yoghurt, Drink

Thursday

Tuna and Cucumber Sandwich

Cake or Biscuit, Fruit, Yoghurt, Drink

Friday

Soft Roll and Cheese

Cake or Biscuit, Fruit, Yoghurt, Drink



Week 1

Monday

All Day Breakfast (Sausage, Bacon, Egg)

or

Vegetarian Breakfast (2 x Linda McCartney Sausages and Egg)
Hash Brown, Baked Beans, Button Mushrooms, Baked Half Tomato

or

Jacket Potato with Beans

Salad Bar

Melon, Pineapple and Grape Pots or Muller Corner Yoghurt

Tuesday

Wicks Manor Farm Pork and Apple Burger served in a Bun

or

Spicy Bean Burger served in a Bun

or

Jacket Potato with Grated Cheese

Oven Baked Seasoned New Potatoes

Baked Beans, Salad Bar

Homemade Apple Flapjack, Glass of Cold Milk,
Muller Corner Yoghurt or Fresh Fruit.

Wednesday

Local Butcher's Roast Turkey with Yorkshire Pudding & Gravy

or

Roast Quorn Fillet with Yorkshire Pudding & Gravy

or

Jacket Potato with Tuna Crunch

Roast Potatoes, Fresh Carrots, Broccoli Florets

Fresh Fruit or Muller Corner Yoghurt

Thursday

Homemade Beef Pasta Bolognese Bake

or

Homemade Quorn Bolognese Bake

or

Jacket Potato with Beans

Garlic bread and Salad bar

Homemade Pineapple Upside Down Cake with Custard,
Muller Corner Yoghurt or Fresh Fruit.

Friday

Omega 3 Fish Fingers

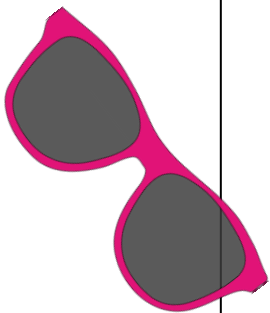
or

Vegetable Nuggets

or

Jacket Potato with Tuna and Sweetcorn

Chips, Garden Peas, Sweetcorn, Salad Bar



Week 2

Monday

Homemade Pizza with Assorted Toppings
or
Jacket Potato with Beans
Salad bar

Homemade Cookie, Glass of Cold Milk,
Muller Corner Yoghurt or Fresh Fruit

Tuesday

Homemade Beef Lasagne
or
Homemade Vegetarian Lasagne
or
Jacket Potato with Cheese

Salad bar, Garlic Bread

Fruit, Yoghurt and Granola Pots,
Muller Corner Yoghurt or Fresh fruit

Wednesday

Toad in the Hole
or
Homemade Lentil Roast
or
Jacket Potato with Tuna Crunch

Roast potatoes and Summer Vegetable Medley

Muller Corner Yoghurt or Fresh Fruit Salad.

Thursday

Picnic Day
Cheese Roll, Homemade Chocolate Cupcake, Carton of Drink, Fruit
or
Jacket Potato with Beans

Salads, Pickles and Homemade Crusty Bread

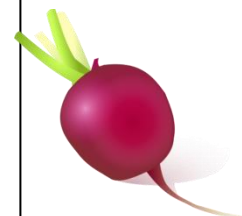
Homemade Chocolate Cupcake,
Muller Corner Yoghurt or Fresh Fruit

Friday

Bubble Crumb Fish
or
Vegetarian Burger in a Bun with Lettuce and Mayonnaise
or
Jacket Potato with Tuna and Sweetcorn

Chips, Sweetcorn, Garden Peas, Salad Bar

Victoria Sponge. Fresh Fruit or Muller Corner Yoghurt



Week 3

Monday

Homemade Tuna Pasta Bake
or
Homemade Macaroni Cheese
or
Jacket potato served with Beans

Garlic Bread, Salad Bar

Fresh Fruit or Muller Corner Yoghurt

Tuesday

Sticky Chicken and Fluffy Rice
or
Quorn Escalope Coated in Lemon and Herb Crumb
or
Jacket Potato with Cheese

Homemade Coleslaw, Salad Bar

Cheese, Biscuits and Apple Wedges
Muller Corner Yoghurt or Fresh Fruit.

Wednesday

Local Butcher's Roast Pork with Yorkshire Pudding & Gravy
or
Homemade Golden Vegetable Loaf
or
Jacket Potato with Tuna Crunch

Roast Potatoes, Fresh Carrots, Leeks in Cheese Sauce

Muller Corner Yoghurt or Fresh Fruit.

Thursday

Sweet and Sour Chicken with Fluffy Rice
or
Vegetarian Sweet and Sour with Fluffy Rice
or
Jacket Potato with Beans

Salad Bar

Homemade Marbled Sponge Cake, Muller Corner Yoghurt or Fresh Fruit.

Friday

Local Butcher's Pork Sausages or Linda McCartney Vegetarian Sausages
or
Jacket Potato with Tuna and Sweetcorn

Chips, Baked Beans, Garden Peas
Salad bar

Fruit Smoothie, Muller Corner Yoghurt or Fresh Fruit.

