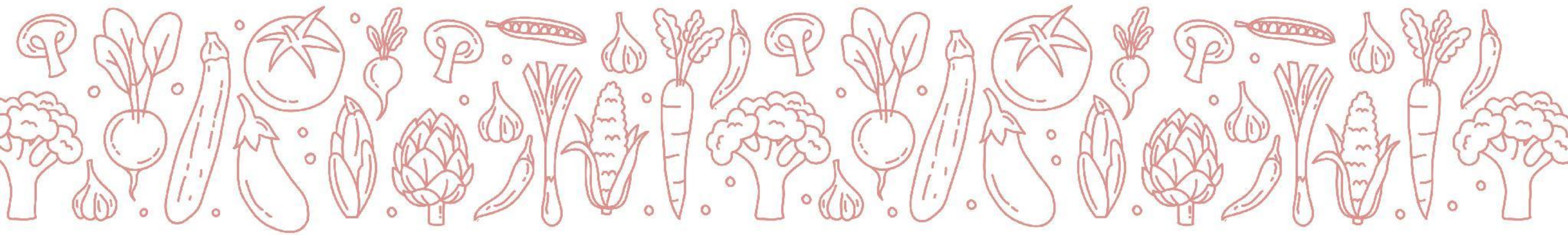
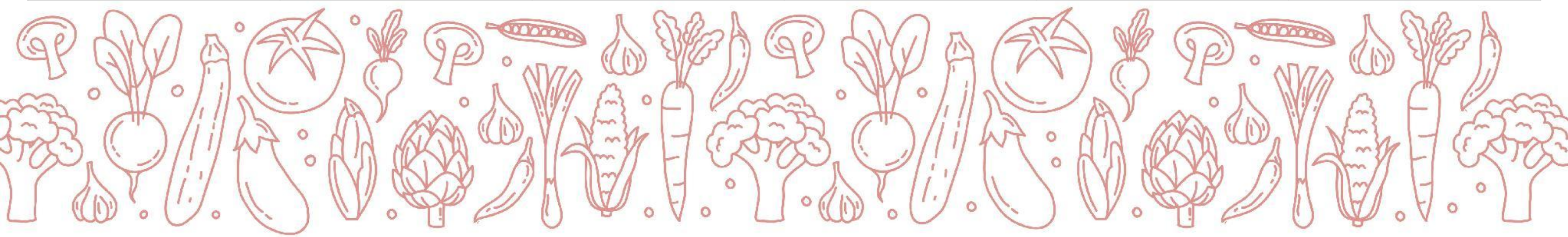


Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Available Daily – Freshly Baked Bread, Cheese, Salad Bar and Cut Fruit				
The Main Counter	Roundwood Cheese Macaroni	Homemade Sausage Roll with Wholegrain Rice Salad	Roast Chicken, Sage & Onion Stuffing, Skin on Roast Potatoes and Gravy	Traditional Cottage Pie	Golden Fish Fingers or Salmon Fingers and Chips
	Mixed Bean Fajitas with Potato Wedges	Veggie Sausage Roll with Wholegrain Rice Salad	Cauliflower & Broccoli Cheese Bake, Skin on Roasties and Gravy	Shepherdless Pie	BBQ Veggie Wrap with Chips
The Energy Bar	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes with Beans or Cheese or both	Whole wheat Pasta Served with Rustic Tomato & Basil Sauce Or Basil Pesto	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes with Beans or Cheese or both	Whole wheat Pasta Served with Rustic Tomato & Basil Sauce Or Basil Pesto	Wrap or roll with a choice of fillings and crunchy lettuce (tuna, ham, cream cheese and cucumber)
Sides	Rainbow Vegetable Sticks	Mixed Salad	Carrots & Peas	Mixed Greens	Baked Beans and Peas
Dessert	Orange Squash Cupcake	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Peach Upside Down Cake and Custard	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Freshly Cut Seasonal Fruit



Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Available Daily – Freshly Baked Bread, Cheese, Salad Bar and Cut Fruit				
The Main Counter	Cheese and Tomato Pizza Slice with Wedges	Bangers & Mash	Roast Gammon, Skin on Roast Potatoes and Gravy	Beef Bolognese with Whole Grain Pasta	Golden Fish Fingers or Salmon Fingers and Chips
	Cheddar & Tomato Puff Pastry Tart with Potato Wedges	Veggie Bangers and Mash	Tomato & Lentil Layer Bake, Skin on Roasties and Gravy	Veggie Bolognese with whole grain Pasta	Cheesy Bean Wrap with Chips
The Energy Bar	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes with Beans or Cheese or both	Whole wheat Pasta Served with Rustic Tomato & Basil Sauce Or Basil Pesto	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes with Beans or Cheese or both	Whole wheat Pasta Served with Rustic Tomato & Basil Sauce Or Basil Pesto	Wrap or roll with a choice of fillings and crunchy lettuce (tuna, ham, cream cheese and cucumber)
Sides	Rainbow Vegetable Sticks	Green Beans and Sweetcorn	Carrots & Cabbage	Mixed Salad	Baked Beans & Peas
Dessert	Lemon Shortbread Fingers	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Apple Sponge and Custard	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Freshly Cut Seasonal Fruit



Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Available Daily – Freshly Baked Bread, Cheese, Salad Bar and Cut Fruit				
The Main Counter	Cheese and Tomato Pizza Slice with Wedges	Chicken Meatballs and Rice	Roast Shoulder of Pork, Skin on Roast Potatoes and Gravy	Minced Beef & Onion Pie with Mash	Golden Fish Fingers or Salmon Fingers and Chips
	Creamy Macaroni Cheese	Vegetable Ratatouille with Rice	Mediterranean Veg Wellington Skin on Roasties with Gravy	Root Vegetable and Bean Stew with Mashed Potatoes	Vegetable Fingers with Chips
The Energy Bar	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes with Beans or Cheese or both	Whole wheat Pasta Served with Rustic Tomato & Basil Sauce Or Basil Pesto	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes with Beans or Cheese or both	Whole wheat Pasta Served with Rustic Tomato & Basil Sauce Or Basil Pesto	Wrap or roll with a choice of fillings and crunchy lettuce (tuna, ham, cream cheese and cucumber)
Sides	Rainbow Vegetable Sticks	Sweetcorn & Cabbage	Carrots & Green Beans	Mixed Greens	Baked Beans & Peas
Dessert	Sweet Potato Chocolate Brownie	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Treacle, Pear & Ginger Cake with Custard	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Freshly Cut Seasonal Fruit

