



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Week 3</b>					
Week commencing 16 Sep/ 7 Oct/ 18 Nov/ 9 Dec					
Drinks & snacks	Water, flavoured water, smoothies, fruit juices Cereal bars, rice cakes, pop chips, popcorn, crisps				
<b>Main meals</b>					
Meaty main	Beef meatballs in tomato sauce with garlic bread	Roast pork loin with Yorkshire pudding/ stuffing	Build-a-baguette - Sticky honey glazed crispy chicken	Lasagne with garlic bread	Beef burger Battered cod fillet Fish fingers
Vegetarian	Quesadilla	Crispy sweet chilli cauliflower	Macaroni cheese	Veggie lasagne	Veggie quarter pounder burger
Sides	Spaghetti/ sauté potatoes Roasted leeks, courgettes & mushrooms	Roast potatoes Seasonal vegetables Cauliflower cheese	Rice/ noodles Stir fry vegetables	Parmentier potatoes ( <i>crispy rosemary &amp; garlic potatoes</i> ) Mixed leaf salad	Chips Baked beans, mushy peas Curry sauce
<b>Pasta/ jacket potatoes</b>					
Pasta/ deli Jacket potatoes	Tomato pasta/ baked sweet potatoes/ whole and half jacket potatoes with baked beans, tuna mayonnaise and cheese available every day				
Sandwiches/ salads	Sandwiches on bloomer bread, baguettes and wraps with a range of popular fillings Salad pots and vegetable pots				
<b>Desserts/ sweet treats/ fruit</b>					
Dessert	Apple & berry chocolate crumble cake	Iced sponge with custard	Biscuit day	Fudge tart	Sticky toffee pudding with toffee sauce
Sweet treats	Dessert pots, yogurts, jelly, fruit pots, fresh fruit				