

### 3 week menu commencing Monday 6/11/23

Week One					
Weeks commencing: 6th Nov, 27th Nov, 18th Dec, 8th Jan, 29th Jan, 19th Feb, 11th Mar					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b> (VE = Vegan/Plant based V = Vegetarian)	Vegetable Quesadilla (V)	Chickpea & Mixed Vegetable Balti with Rice (VE)	Three Bean Casserole with Potatoes (VE)	Margherita Pizza & Wedges (V)	Homemade Red Lentil & Veg Sausage Roll (VE)
<b>Option 2</b> (VE = Vegan/Plant based V = Vegetarian)	Sausage, Mash Potato & Gravy	Tomato Pasta Bake (V)	Roast Gammon, Yorkshire Pudding with Roast Potatoes & Gravy	Savoury Mince & Mash Potatoes	Fish Fingers & Chips (sustainably caught fish)
<b>Alternative</b>	Jacket Potato with cheese, beans, tuna mayo or plain	Jacket Potato with cheese, beans, tuna mayo or plain	Jacket Potato with cheese, beans, tuna mayo or plain	Jacket Potato with cheese, beans, tuna mayo or plain	Jacket Potato with cheese, beans, tuna mayo or plain
<b>Vegetables</b>	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
<b>Additional</b>	Daily Salad Bar Fresh Vegetable Tasting Station Freshly Baked Wholemeal Bread	Daily Salad Bar Fresh Vegetable Tasting Station Freshly Baked Wholemeal Bread	Daily Salad Bar Fresh Vegetable Tasting Station Freshly Baked Wholemeal Bread	Daily Salad Bar Fresh Vegetable Tasting Station Freshly Baked Wholemeal Bread	Daily Salad Bar Fresh Vegetable Tasting Station Freshly Baked Wholemeal Bread
<b>Dessert</b> (VE = Vegan/Plant based V = Vegetarian)	Pear & Chocolate Sponge with Chocolate Sauce (V)	Apple Sponge with Custard (V)	Chocolate Brownie (VE)	Jam Roll with Custard (V)	Carrot & Orange Muffin (V)

Week Two					
Weeks commencing: 13th Nov, 4th Dec, 15th Jan, 5th Feb, 26th Feb, 18th Mar					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b> (VE = Vegan/Plant based V = Vegetarian)	Quorn Burger with Potatoes (V)	Vegetable Hot Pot (V)	Cheese & Onion Pasty & Roast Potatoes (V)	Tomato & Basil Pasta (VE)	Sweet Potato & Lentil Curry with Rice (V)
<b>Option 2</b> (VE = Vegan/Plant based V = Vegetarian)	Chicken Meatballs in Tomato Sauce with Pasta	Margherita Pizza & Wedges (V)	Roast Beef, Yorkshire Pudding with Roast Potatoes & Gravy	Chicken Curry & Rice	Battered Fish & Chips (sustainably caught fish)
<b>Alternative</b>	Jacket Potato with cheese, beans, tuna mayo or plain	Jacket Potato with cheese, beans, tuna mayo or plain	Jacket Potato with cheese, beans, tuna mayo or plain	Jacket Potato with cheese, beans, tuna mayo or plain	Jacket Potato with cheese, beans, tuna mayo or plain
<b>Vegetables</b>	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
<b>Additional</b>	Daily Salad Bar Fresh Vegetable Tasting Station Freshly Baked Wholemeal Bread	Daily Salad Bar Fresh Vegetable Tasting Station Freshly Baked Wholemeal Bread	Daily Salad Bar Fresh Vegetable Tasting Station Freshly Baked Wholemeal Bread	Daily Salad Bar Fresh Vegetable Tasting Station Freshly Baked Wholemeal Bread	Daily Salad Bar Fresh Vegetable Tasting Station Freshly Baked Wholemeal Bread
<b>Dessert</b> (VE = Vegan/Plant based V = Vegetarian)	Jam & Coconut Sponge	Peach Melba with Ice Cream (V)	Chocolate Muffin (V)	Rice Pudding with Peaches (V)	Marble Sponge with Chocolate Sauce (V)

Week Three					
Weeks commencing: 20th Nov, 11th Dec, 22nd Jan, 4th Mar, 25th Mar					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b> (VE = Vegan/Plant based V = Vegetarian)	Roast Vegetable Couscous with Flat Bread (VE)	Shepherdess Pie (V)	Quorn Sausage & Bean Casserole (VE)	Margherita Pizza & Wedges (V)	Quorn Nuggets with Chips (VE)
<b>Option 2</b> (VE = Vegan/Plant based V = Vegetarian)	Pork Sausage Rolls with Wedges	Macaroni Cheese (V)	Roast Pork, Yorkshire Pudding with Roast Potatoes & Gravy	Beef Pasta Bolognese	Fish Fingers & Chips (sustainably caught fish)
<b>Alternative</b>	Jacket Potato with cheese, beans, tuna mayo or plain	Jacket Potato with cheese, beans, tuna mayo or plain	Jacket Potato with cheese, beans, tuna mayo or plain	Jacket Potato with cheese, beans, tuna mayo or plain	Jacket Potato with cheese, beans, tuna mayo or plain
<b>Vegetables</b>	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
<b>Additional</b>	Daily Salad Bar Fresh Vegetable Tasting Station Freshly Baked Wholemeal Bread	Daily Salad Bar Fresh Vegetable Tasting Station Freshly Baked Wholemeal Bread	Daily Salad Bar Fresh Vegetable Tasting Station Freshly Baked Wholemeal Bread	Daily Salad Bar Fresh Vegetable Tasting Station Freshly Baked Wholemeal Bread	Daily Salad Bar Fresh Vegetable Tasting Station Freshly Baked Wholemeal Bread
<b>Dessert</b> (VE = Vegan/Plant based V = Vegetarian)	Chocolate Shortbread (VE)	Apple Crumble with Custard (V)	Iced Vanilla Sponge (V)	Syrup Sponge with Custard (V)	Berry Jelly (VE)