



|           | Hot Meal  | Vegetarian   | Dessert  |
|-----------|---|--|--|
| Monday    | Beef Meatballs with Hidden Vegetable Tomato Sauce, Penne Pasta, Garden Salad, Minted Cucumber & Petit Pois & Garlic Bread | Cannellini Bean Falafel with Mixed Bean Salsa & Apricot Couscous       | Streamed Chocolate Sponge with Thick Chocolate Custard |
| Tuesday   | Tandoori Style Chicken Tikka Korma with Pea & Sweetcorn Basmati Rice, Chutney, Naan Bread & Poppadum's                    | Roasted Vegetable Paella with Rocket & Sun Blushed Tomato Salad        | Banana Smoothie  |
| Wednesday | BBQ Pulled Pork Shoulder Wrap with Mexican Black Beans, Shredded Gems, Slaw, Guacamole & Seasoned Wedges                  | Vegan Sausages with Sweet Potato Mash, Savoy Cabbage & Vegetable Gravy | Hot Fruity Flapjack & Pouring Cream                    |
| Thursday  | Sweet & Sour Sticky Chicken Breast Strips, with Stir Fried Vegetable Noodles & Prawn Crackers                             | Sweet Potato, Chick Pea & Courgette Curry with Spiced Potatoes & Peas  | Baked Apple Clafoutis with Cinnamon Custard            |
| Friday    | Crisp Battered Haddock with Chunky Chips, Petit Pois, Tartare Sauce, Lemon Wedges, Salt & Vinegar                         | Roasted Butternut Squash, Sage & Spinach Valoute & Tagliatelle         | Forest Berry & Meringue Ice Cream                      |

Daily Salad Available - Plain Green (Romaine) Salad, Mixed Leaf Salad, Fresh Plum Tomato Salad, Grated Carrot Parsley and Lemon, Beetroot, Cucumber (Different Preparations), Corn, Petit Pois and Mint, Sweet Red Onion Slices or Spring Onion, Plain Whole-wheat Pasta Salad, Crudités, Plain Croutons, Grated Cheddar, Tuna (Plain and with Sweet Chilli and Coriander Mayonnaise), Rainbow Coleslaw, French Vinaigrette, Ranch Dressing, Thousand Island Dressing, Balsamic Dressing, Caesar Dressing, Fresh Hummus, Fresh Basil Pesto (NUT FREE).

Dairy Free and Gluten Free Option available on Hot Meals.