



	Hot Meal	Vegetarian	Dessert
Monday	Beef & Oregano Meatballs, Tomato Sauce, Penne Pasta, Lemon & Thyme Roasted Courgettes, Garlic Bread	Cannellini Bean Falafel with Mixed Bean Salsa & Couscous	Steamed Chocolate Sponge, Thick Chocolate Custard
Tuesday	Chicken Tikka Korma with Coriander Basmati Rice, Mango Chutney, Naan Bread & Poppadum's	Roasted Vegetable Paella with Shredded Gem & Tomato Salad	Banana Smoothie
Wednesday	BBQ Pulled Pork Shoulder Wrap, Mexican Style Rice, Shredded Gems, Slaw & Guacamole	Vegan Sausages with Sweet Potato Mash, Savoy Cabbage & Vegetable Gravy	Hot Fruity Flapjack with Organic Cream
Thursday	Sweet & Sour Chicken Strips, Stir Fried Vegetable Noodles & Prawn Crackers	Sweet Potato, Chick Pea & Courgette Curry with Lightly Spiced Potatoes & Peas	Baked Apple Clafoutis with Cinnamon Custard
Friday	Crispy Battered Haddock Fillet with Chunky Chips, Petit Pois, Tartare Sauce, Lemon Wedges, Salt & Vinegar	Roasted Butternut Squash, Sage & Spinach Valoute with Spaghetti	Forest Berry & Meringue Ice Cream

Daily Salad Available - Plain Green (Romaine) Salad, Fresh Plum Tomato Salad, Grated Carrot, Cucumber (Different Preparations), Corn, Petit Pois, Cooked Beetroot, Plain Pasta Salad, Crudités, Plain Croutons, Grated Cheddar, Tuna, Hard Boiled Hen's Egg (Plain or with Mayonnaise), Sliced Ham, Fresh Bread. Dairy Free and Gluten Free Options Available on Hot Meals