



	Hot Meal	Vegetarian	Dessert
Monday	Beef Meatballs with Tomato Sauce, Penne Pasta, Garden Salad, Minted Cucumber & Petit Pois & Garlic Bread	Cannellini Bean Falafel with Mixed Bean Salsa & Apricot Couscous	Steamed Chocolate Sponge with Thick Chocolate Custard
Tuesday	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, Mexican Style Rice, Shredded Gems, Slaw & Guacamole	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.