

BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Still water Milk	Still water Milk	Still water Milk	Still water Milk	Still water Milk
HOT ITEMS	Butchers sausages	Fresh omelette	Spaghetti hoops on toast	No added sugar porridge	Bacon sandwich
CEREAL STATION	Cereal selection with milk	Cereal selection with milk	Cereal selection with milk	Cereal selection with milk	Cereal selection with milk
TOAST STATION	Wholemeal or white toast with a selection of toppings	Wholemeal or white toast with a selection of toppings	Wholemeal or white toast with a selection of toppings	Wholemeal or white toast with a selection of toppings	Wholemeal or white toast with a selection of toppings
EVERYDAY	Natural yogurt with freshly cut & dried fruit toppings	Natural yogurt with freshly cut & dried fruit toppings	Natural yogurt with freshly cut & dried fruit toppings	Natural yogurt with freshly cut & dried fruit toppings	Natural yogurt with freshly cut & dried fruit toppings

LUNCH

wc 21 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Shredded chicken with peppers in a tomato sauce	Mild chilli con carne with haricot beans	Chinese honey shredded chicken	Roast loin of pork strips with a fresh gravy	Oven baked breaded MSC fish bites
TO NOURISH, NURTURE AND SUSTAIN	Vegetable & tofu curry	Spiced chickpeas & sweet potato	Paneer bites with roasted peppers	Veggie Shepherd's pie	Spiced red lentil burger
SIDES	Steamed crushed potatoes Fine green beans & British peas	Steamed 50/50 rice Sweetcorn & carrot batons	Chinese egg noodles Broccoli florets & fine green beans	Skin on mini roast potatoes Carrot batons & savoy cabbage	Crushed boiled potatoes British peas & sweetcorn
DESSERT (All our cakes & desserts are reduced sugar)	Dairy free chocolate brownies	Strawberry oat slice	Apricot oat cookies	Wibble sugar free fruit jelly	Dairy free carrot muffins
EVERYDAY	We offer daily a selection of yogurt & fresh fruit.				
MORNING BREAK	Freshly cut fruit	Freshly cut fruit	Freshly cut fruit	Freshly cut fruit	Freshly cut fruit
AFTERNOON BREAK	Crudities with cheese & cream crackers	Crudities with cheese & cream crackers	Crudities with cheese scones	Crudities with cheese & cream crackers	Crudities with cheese & cream crackers

LUNCH

wc 28 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Chicken, red pepper & blended chickpea curry with optional naan bread	Sliced pork loin in a hoi sin sauce	Cajun chicken pasta bake with optional garlic bread	Butchers pork sausages with mini Yorkie's	Breaded garlic chicken fillet
TO NOURISH, NURTURE AND SUSTAIN	Lentil dhal	Sweet potato & coconut stew	Root vegetable & pearl barley hot pot	Mature cheddar & chive omelette roll up	Spinach & potato pasty
SIDES	Steamed 50/50 rice Broccoli florets & cauliflower	Egg noodles Broccoli & ribbon carrots & courgette	Steamed greens & sweetcorn	Skin on roast potatoes Carrots & spring greens	Skin on fries British peas & carrots
DESSERT	Cornflake flapjack	Pear & chocolate sponge with vanilla custard	Lemon drizzle	Baked biscuit selection	Dairy free blueberry slice
EVERYDAY	We offer daily a selection of crudities, yogurt, fresh fruit, no sugar jelly pots, pasta and jacket potatoes				
MORNING BREAK	Tortilla chips, rich tea biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Tortilla chips, ginger nut biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Shortie biscuits & fresh fruit

LUNCH

wc 5 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Meat Free Monday Mature cheese mac & cheese	Teriyaki chicken with peppers	Cheesy beef lasagne with optional garlic bread	Roast chicken fillets with sage & onion stuffing & a fresh gravy	Smoky bbq pulled pork shoulder
	Red onion tortilla quiche	Mini vegetable pancake rolls	Aubergine & bulgur wheat bake with cherry tomatoes	Paneer & roasted vegetable moussaka	Chick pea falafel
SIDES	Steamed 50/50 rice Broccoli florets & veg	Egg noodles Broccoli & ribbon carrots & courgette	Steamed 50/50 rice Sweetcorn & green beans	Skin on roast potatoes Carrots & spring greens	Skin on fries British peas & carrots
DESSERT	Oaty apple crumble with vanilla custard	Strawberry oat slice	Wibble no sugar fruit jelly	Lemon drizzle	Dairy free chocolate muffin
EVERYDAY	We offer daily a selection of crudities, yogurt, fresh fruit, no sugar jelly pots, pasta and jacket potatoes				
MORNING BREAK	Tortilla chips, rich tea biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Tortilla chips, ginger nut biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Shortie biscuits & fresh fruit

LUNCH

wc 12 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Chicken fillet with peppers in a tomato sauce	Mild chilli con carne with haricot beans and optional tortilla chips	Chinese honey chicken	Roast loin of pork with sage & onion stuffing & a fresh gravy	Breaded MSC bites with lemon wedges
	Vegetable & tofu curry	Spiced chickpeas & sweet potato	Paneer bites with roasted peppers	Veggie Shepherd's pie	Spiced red lentil burger
SIDES	Steamed mid potatoes with fresh mint Fine green beans & British peas	Steamed 50/50 rice Sweetcorn & carrots	Chinese egg noodles Broccoli florets & fine green beans	Skin on roast potatoes Carrots & savoy cabbage	Skin on fries British peas & carrots
DESSERT	Dairy free chocolate brownies	Strawberry oat slice	Apricot oat cookies	Victoria sandwich	Dairy free carrot muffins
EVERYDAY	We offer daily a selection of crudities, yogurt, fresh fruit, no sugar jelly pots, pasta and jacket potatoes				
MORNING BREAK	Tortilla chips, rich tea biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Tortilla chips, ginger nut biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Shortie biscuits & fresh fruit

LITTLE TEA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Baked jacket potato with cheddar cheese & coleslaw	Wholemeal pasta with tomato sauce & grated cheese	Wholemeal pitta bread with sliced chicken	Wholegrain pizza bagel	Spaghetti hoops on wholemeal toast
DAILY SIDES	Cucumber, tomato & a selection of salad items	Cucumber, tomato & a selection of salad items	Cucumber, tomato & a selection of salad items	Cucumber, tomato & a selection of salad items	Cucumber, tomato & a selection of salad items
LIGHT DESSERT	Natural yogurt with freshly cut fruit	Natural yogurt with freshly cut fruit	Natural yogurt with freshly cut fruit	Natural yogurt with freshly cut fruit	Natural yogurt with freshly cut fruit
HYDRATION	Still water	Still water	Still water	Still water	Still water