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

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Soil Association

LUNCH

WC 2nd November	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Beef chilli con carne with haricot beans	Roast pork loin with stuffing & fresh gravy	Chinese chicken with red peppers	Firework Night Bangers & mash with crispy red onion gravy	Breaded MSC fish fillet with lemon wedges
TO NOURISH, NURTURE AND SUSTAIN	Stuffed red peppers	Germany Taste tourists Portobello mushroom schnitzel with a mushroom cream	Mexican vegetable & bean burrito	Veggie sausages	Gnocchi in a roasted tomato & basil sauce
SIDES	Steamed 50/50 rice Olden sweetcorn & cauliflower florets	Mini roast potatoes Steamed carrots & cabbage	Chinese egg noodles Broccoli florets & carrot strips	Buttery mash Baton carrots & broccoli	Skin on fries British peas & golden sweetcorn
DESSERT	Wholemeal shortbread fingers	Apple strudel with vanilla custard	Ride crispy slice	Apple honey muffins	Dairy friendly chocolate brownie
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

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LUNCH

WC 9th November	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Chicken, red pepper & blended chickpea curry with optional naan bread	Italian beef lasagne	Roast chicken breast with sage & onion stuffing & a fresh gravy	Hoi sin Chinese pork with peppers & onions	Butchers beef burger with optional bun & burger cheese
TO NOURISH, NURTURE AND SUSTAIN	Chickpea & mushroom mild chilli	Wholemeal pizza bagel	Roasted vegetable lasagne	Spanish taste tourists Spanish meat free paella	Baked sweet potato falafel
SIDES	Steamed 50/50 rice Broccoli florets & sweetcorn	Garlic bread slice British peas & cauliflower	Mini skin on roast potatoes Roast parsnips, cabbage & sliced carrots	Egg noodles Sweetcorn & shredded cabbage	Skin on fries British peas & baked beans
DESSERT	Honey fruit oat slice	Pear & chocolate sponge with vanilla custard	Vanilla rice pudding with dried fruit toppings	Spanish taste tourists Lemon & olive oil cake	Sultana & oat cookies
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

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LUNCH

WC 16th November	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Sweet & sour chicken with pineapple	Taste tourist Sweden Pork meatballs in a traditional gravy	Minced beef & vegetable pie	Roast gammon loin with griddled pineapple	Freshly breaded chicken fillet
TO NOURISH, NURTURE AND SUSTAIN	Mild vegetable & chickpeas curry	Courgette & fresh herb savoury scone with chutney	Green lentil cottage pie	Roasted pepper & bean quesadilla	Veggie sausage roll
SIDES	Steamed 50/50 rice Broccoli florets & sweetcorn	Mashed potatoes Cauliflower & British peas	Mini roast skin on potatoes Carrots & greens	Potato wedges Sweetcorn & fine green beans	Skin on fries British peas & broccoli florets
DESSERT	Cocoa cake with chocolate sauce	Taste tourist Sweden Smulpay" & vanilla custard (Swedish berry oat crumble)	Banana bread	Dairy friendly cocoa oat slice	School council special request Rocky road with vegetarian marshmallows
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

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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

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