

# Your menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>M A I N</b>	<b>Pork Sausages</b> or <b>Vegan Sausages</b>  Served with creamy mashed potatoes and vegetables  Iced or cream filled buns Apricot oat cookie Chocolate brownie Sticky apple sponge	<b>Beef Lasagne</b> or <b>Vegetable Lasagne</b>  Served with homemade garlic bread and fresh salad  Iced or cream filled buns Lemon shortbread slice Chocolate cracknel Fruity yoghurt crunch	<b>Roast of the Day</b> or <b>Vegan casserole</b>  Served with a Yorkshire pudding, roast potatoes and vegetables  Iced or cream filled buns Cherry & coconut cookie Berry muffin Syrup sponge	<b>Chicken Tikka Masala</b> or <b>Vegetable and Chickpea curry</b>  Served with rice, seasonal vegetables, and naan  Iced or cream filled buns Cookie Cornflake bar Chocolate pear cake	<b>Battered fish</b> or <b>Cheese and tomato quiche</b>  Served with chips, peas, and baked beans  Iced or cream filled buns Chocolate cookie Flapjack Lemon sponge
	<b>Paninis</b> Cheese Cheese & ham Tuna melt  Tikka chicken wrap, panini, rice or noodle bowl  Jacket potato  Pasta bowl  Pizza Slice  Fresh Salad Bowl	<b>Paninis</b> Cheese Cheese & ham Tuna melt  Sweet chilli chicken wrap  Jacket potato  Pasta bowl  Pizza Slice  Fresh Salad Bowl	<b>Paninis</b> Cheese Cheese & ham Tuna melt  Roast of the Day in a roll Piri-Piri chicken wrap  Jacket potato  Pasta bowl  Pizza Slice  Fresh Salad Bowl	<b>Paninis</b> Cheese Cheese & ham Tuna melt  Teriyaki chicken wrap, panini, rice or noodle bowl  Jacket potato  Pasta bowl  Pizza Slice  Fresh Salad Bowl	<b>Paninis</b> Cheese Cheese & ham Tuna melt  Fish finger sandwich BBQ Chicken Wrap  Jacket potato  Pasta bowl  Pizza Slice  Fresh Salad Bowl
<b>G R A B &amp; G O</b>	<b>Brunch muffin</b> Quorn sausage pattie & poached egg in a muffin  Bacon roll  Belgian Waffle  Buttered toast Buttered Bagel  Fresh Fruit & Yoghurts	<b>Bacon with cream cheese bagel</b>  Bacon roll  Belgian Waffle  Buttered toast Buttered crumpet  Fresh Fruit & Yoghurts	<b>Cheese and bean toastie or wrap</b>  Bacon roll  Belgian Waffle  Buttered toast Buttered bagel  Fresh Fruit & Yoghurts	<b>Brunch muffin</b> Quorn sausage pattie & poached egg in a muffin  Bacon roll  Belgian Waffle  Buttered toast Buttered bagel  Fresh Fruit & Yoghurts	<b>Curry folded naan</b>  Bacon roll  Belgian Waffle  Buttered toast Croissant  Fresh Fruit & Yoghurts

All main and Grab & Go menu options are part of the meal deal.

Vegan meals are available on request.

For information regarding allergens or any dietary requirement please speak with your school.