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|  | **Monday - Simple** | **Tuesday - World** | **Wednesday - Roast** | **Thursday – Traditional** | **Friday - Fish** |
| **Homemade Soup of the Day with Brown Bread** | Tomato | Sweet Potato and Carrot | Vegetable | Leek and Potato | Butternut Squash |
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| **Main Meal** | Burgers  Chicken or Beef | Greek Orzo Chicken | Jerk Roast Pork | Lamb and Vegetable Hot Pot with Herb Dumplings | G/F Smoked Haddock, Mozzarella and Spring Onion Fish Cakes |
| **Vegetarian Meal** | Vegetable Burger | Chickpea, Tofu and Spinach Curry | Vegetable Fingers | Creamy Courgette and Bean Lasagne | BBQ Quorn Fillet |
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| **Starchy Foods** | Jacket Potato  Sweet Potato Wedges | Jacket Potato  Paleo Greek Rice | Jacket Potato  Roasted Potatoes | Mashed Potatoes  Whole-Wheat Pasta  Pesto, Rustic Tomato & Cheese Sauces | Jacket Potato  Gastro Chips |
| **Vegetables** | Coleslaw | Roasted Greek Vegetables | Local Seasonal Vegetables | Broccoli | Sweet Corn |
| **Salads** | Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn | Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn | Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn | Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn | Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn |
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| **Main Dessert** | Apple Crumble  **50% Fruit** | Carrot Cake | Summer Berry Shortcake Stacks | Crushed Pineapple Trifle | Blueberry Muffins  50% Fruit |
| **Cold Dessert** | Fresh Fruit  Low Fat Yoghurts | Fresh Fruit  Low Fat Yoghurts | Fresh Fruit  Low Fat Yoghurts | Fresh Fruit  Low Fat Yoghurts | Fresh Fruit  Low Fat Yoghurts |
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