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|  | **Monday – Simple** | **Tuesda**y **– World** | **Wednesday – Roast** | **Thursday – Traditional** | **Friday - Fish** |
| **Homemade Soup of the Day with Brown Bread** | Curried Carrot and Apple | Tomato and Basil | Pea and Garlic | Lentil | Winter Vegetables |
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| **Main Meal** | WC ROWE Pasties  Steak and Vegetable | Spanish Spicy Turkey Paella | Roast Chicken with Lemon, Garlic and Thyme | Mince Pork and Sweet Potato Pie | Moving Glorious Grains Scampi |
| **Vegetarian Meal** | Linda McCartney Sausages | Spiced Chickpeas with Halloumi | Quorn Fillet in Vegetable Gravy | Quorn and Vegetable Pie | Cheese and Tomato Quiche |
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| **Starchy Foods** | Jacket Potato | Jacket Potato  Wholemeal Pitta Bread | Jacket Potato  Roast Potatoes | Whole-Wheat Pasta  Pesto, Rustic Tomato & Cheese Sauces | Jacket Potato  Gastro Chips |
| **Vegetables** | Low Sugar and Salt Baked Beans | Caesar Salad | Local Seasonal Vegetables | French Green Beans | Garden Peas |
| **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, and Sweetcorn | Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, and Sweetcorn |
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| **Main Dessert** | Treacle and Coconut Tart | French Toast with Fruit Compote  50% Fruit | Lemon Meringue | Fruit Hevva Cake  **50% Fruit** | Sorbets with Fruit Toppings |
| **Cold Dessert** | Fresh Fruits  Low Fat Yoghurts | Fresh Fruits  Low Fat Yoghurts | Fresh Fruits  Low Fat Yoghurts | Fresh Fruits  Low Fat Yoghurts | Fresh Fruits  Low Fat Yoghurts |
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