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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 PastiesSteak 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 PotatoWholemeal Pitta Bread | Jacket PotatoRoast Potatoes | Whole-Wheat PastaPesto, Rustic Tomato & Cheese Sauces | Jacket PotatoGastro 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 Compote50% Fruit | Lemon Meringue | Fruit Hevva Cake **50% Fruit**  | Sorbets with Fruit Toppings |
| **Cold Dessert** | Fresh FruitsLow Fat Yoghurts | Fresh FruitsLow Fat Yoghurts | Fresh FruitsLow Fat Yoghurts | Fresh FruitsLow Fat Yoghurts | Fresh FruitsLow Fat Yoghurts |
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