




**Week Commencing: 3<sup>rd</sup> September, 22<sup>nd</sup> September, 20<sup>th</sup> October**


|  | Planet Day   | Pizza Frenzy                                       |  | Roast Thursday                                   | Fish Friday                                      |
|--|--|--|--|--|--|
| Week One   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
| The Main Plate   | Vegetable Sausage & Mashed Potato                      | Homemade Cheese & Chicken Pizza                    | Beef Curry with Rice and Naan Bread                  | Roast Chicken, Yorkshire Pudding & Gravy         | Oven Baked Fillet of Fish (v)                    |
| The Second Plate   | Spicy Vegetable Noodles (v)                            | Homemade Cheese & Tomato Pizza (v)                 | Vegan Shepherds Pie (ve)                             | Vegetable Chilli with Rice (ve)                  | Crispy Vegetable Burger in a Roll (v)            |
| Jacket Potato  | Jacket Potato with selection of Fillings & Salad       | Jacket Potato with selection of Fillings & Salad   | Jacket Potato with selection of Fillings & Salad     | Jacket Potato with selection of Fillings & Salad | Jacket Potato with selection of Fillings & Salad |
| Packed Lunch with salad  | Egg Mayonnaise Wrap served with Salad                  | Cheese Sandwich served with Salad                  | Tuna Mayonnaise Wrap served with Salad               | Turkey Roll served with Salad                    | Ham Wholemeal Roll served with Salad             |
| Daily Veg selection  | Mashed Potato<br>Peas<br>Roast Parsnips                | Potato Wedges<br>Sweetcorn                         | Steamed Wholegrain Rice<br>Green Beans               | Roast Potatoes<br>Cabbage<br>Carrots             | Chips<br>Baked Beans                             |
| The Sweet Plate  | Chocolate Shortbread Biscuit<br>or<br>Fresh fruit (ve) | Belgian Waffle with Sauce<br>or<br>Fresh fruit (v) | Cornflake Tart with Custard<br>or<br>Fresh fruit (v) | Jam & Coconut Sponge<br>or<br>Fresh fruit (v)    | Chocolate Brownie<br>or<br>Fresh fruit (ve)      |

**We fully support healthy eating & our commitment to meat free days**  
**'The Art of Food'**      **ve= vegan option**





**Week Commencing: 8<sup>th</sup> September, 29<sup>th</sup> September, 6<sup>th</sup> October**

|  |   |   |   |   |   |
|--|---|---|---|---|---|
|  |   |   |   | <b>Roast Thursday</b>                                   | <b>Fish Friday</b>                                      |
| <b>Week Two</b>  | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>   |
| <b>The Main Plate</b>  | Chicken, Vegetable & Tomato Pasta Bake                            | Sausage & Onion Pie with Gravy                          | Beef Lasagne<br>Garlic Bread                            | Roast Chicken with Stuffing & Gravy                     | Oven Baked Jumbo Fish Fingers                           |
| <b>The Second Plate</b>  | Baked Vegan Cauliflower & Chickpea Korma (ve)                     | Macaroni Cheese with Garlic Bread (v)                   | Cheese & Roast Vegetable Omelette (v)                   | Roasted Vegetable Wrap (v)                              | Cheese & Potato Pie (v)                                 |
| <b>Jacket Potato</b>   | Jacket Potato served with selection of Fillings & Salad           | Jacket Potato served with selection of Fillings & Salad | Jacket Potato served with selection of Fillings & Salad | Jacket Potato served with selection of Fillings & Salad | Jacket Potato served with selection of Fillings & Salad |
| <b>Packed Lunch with salad</b>   | Ham Wholemeal Roll served with Salad                              | Cheese Sandwich served with Salad                       | Tuna Mayonnaise Wrap served with Salad                  | Turkey Roll served with Salad                           | Egg Mayonnaise Sandwich served with salad               |
| <b>Daily Veg selection</b>   | Mash Potatoes<br>Mixed Vegetables                                 | New Potatoes<br>Green Beans                             | Steamed Potatoes<br>Sweetcorn                           | Roast Potatoes<br>Cauliflower Cheese                    | Chips<br>Baked Beans<br>Peas                            |
| <b>The Sweet Plate</b>   | Homemade Fudge Tart with Chocolate Sauce<br>Or<br>Fresh fruit (v) | Iced Ginger Sponge & Custard<br>Or<br>Fresh fruit (v)   | Pancakes with Sauce<br>Or<br>Fresh fruit (v)            | fruit Biscuit<br>Or<br>Fresh fruit (ve)                 | Carrot Cake Cupcake<br>Or<br>Fresh fruit (ve)           |


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**Week Commencing: 15<sup>th</sup> September, 13<sup>th</sup> October**

|  |   |   |   |   |   |
|--|---|---|---|---|---|
|  |   | <b>Pizza Frenzy</b>                                     |   | <b>Roast Thursday</b>                                   | <b>Fish Friday</b>                                      |
| <b>Week Three</b>  | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>   |
| <b>The Main Plate</b>  | Pasta Bolognese with Garlic Bread                       | Homemade Pepperoni Pizza                                | Beef Burger in a Roll                                   | Roast Chicken with Stuffing & Gravy                     | Oven Baked Fish Fillet                                  |
| <b>The Second Plate</b>  | Cheese & Tomato Tart (v)                                | Homemade Cheese & Vegetable Pizza (v)                   | Vegetable Finger Wrap with Tomato Sauce (v)             | Vegetable Bolognese with Pasta (v)                      | Quorn Sausage   |
| <b>Jacket Potato</b>   | Jacket Potato served with selection of Fillings & Salad | Jacket Potato served with selection of Fillings & Salad | Jacket Potato served with selection of Fillings & Salad | Jacket Potato served with selection of Fillings & Salad | Jacket Potato served with selection of Fillings & Salad |
| <b>Packed Lunch with salad</b>   | Ham Wholemeal Roll served with Salad                    | Cheese Sandwich served with Salad                       | Tuna Mayonnaise Wrap served with Salad                  | Turkey Roll served with Salad                           | Egg Mayonnaise Sandwich served with Salad               |
| <b>Daily Veg selection</b>   | Homemade Garlic Bread<br>Boiled Potatoes<br>Peas        | Sweetcorn<br>Mixed Salad                                | Potato Wedges<br>Vegetable Slaw                         | Mash Potatoes<br>Green Beans<br>Cauliflower             | Chips<br>Baked Beans                                    |
| <b>The Sweet Plate</b>   | Apple Crumble with Custard<br>Or<br>Fresh fruit (ve)    | Fresh fruit Frenzy (ve)                                 | Lemon Cake with Custard<br>Or<br>Fresh fruit (v)        | fruit Jelly<br>Or<br>Fresh fruit (v)                    | Homemade Cookie<br>Or<br>Fresh fruit (v)                |

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