

Week Three SUMMER				
Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main: Southern Baked Style Chicken Burger served in a bun & Relishes (DF) Vegetarian Main: (V) Spicy Bean Burger served in a bun & relishes (GF/+ Plain Chicken Available) Served with: Diced Roasted Potatoes carrots Peas & Sweetcorn Mix Alternative to main: Jacket Potato (V/VE/DF) Cheese (VE available) Sausages (vegan sausages available) & Baked Beans Salad Bar –Assorted salads (v) Side: Baguettes Wholemeal or white bread roll Gluten free wraps available (V/VE) Dessert: Fresh fruit pots, Jelly and Yoghurts (V/GF) Mid-morning snack Bread sticks with cream cheese (GF/DF/V Available)	Meat Main: Homemade Bacon, Cheese Quiche Lorraine Vegetarian Main: Cherry & Sundried Tomato, Basil Wrap Quiche (GF/DF) (Vegan puff pastry tomato & Basil Flan) Served with: Med style Roast Veg Glazed New Potatoes Broccoli Alternative to main: Jacket Potato (V/VE/DF) Cheese (VE available) Sausages (vegan sausages available) & Baked Beans Salad Bar –Assorted salads (V/VE) Side: Baguettes, Wholemeal or white bread roll Gluten free wraps available (V/VE) Dessert: Fresh fruit pots, Jelly and Yoghurts (V/GF) Mid-morning snack Coconut & cherry Flapjack (GF/DF/V Available)	Meat Main: Chicken & Chorizo Bake (Plain Chicken Available GF) Vegetarian Main: Vegan Chorizo & Quorn Potato Bake Served with: Lemon Couscous (V/VE) Honey Carrots Alternative to main: Jacket Potato (V/VE/DF) Cheese (VE available) Sausages (vegan sausages available) & Baked Beans Salad Bar – Assorted salads (V/VE) Side: Baguettes Wholemeal or white bread roll Gluten free wraps available (V/GF) Dessert: Fresh fruit pots, Jelly and yoghurts (V/GF) Mid-morning snack Cheese swirls (GF/DF Available)	Meat Main: Chinese Beef with Noodles & Shredded Vegetables (Plain Noodles available) Vegetarian Main: Vegan mince with Noodles & Shredded Vegetables (Plain Noodles available) Served with: Egg fried Rice Plain Steamed White rice Chinese mixed Vegetables Alternative to main: Jacket Potato (V/VE/DF) Cheese (VE available) Sausages (vegan sausages available) & Baked Beans Salad Bar – Assorted salads(V/VE) Side: Baguettes, Wholemeal or white bread roll Gluten free wraps available (V/GF) Dessert: Fresh fruit pot, Jelly and Yoghurts (V/GF) Mid-morning snack Homemade Houmous Dip with Tortilla chips	Meat Main: Cod Fish fingers Vegetarian Main: Breaded Vegetable Fingers Served with: Homemade skin on Chips (V) Peas Seasonal Vegetables Baked Beans Tartare Sauce Alternative to main: Jacket Potato (V/VE/DF) Cheese (VE available) Sausages (vegan sausages available) & Baked Beans Salad Bar – Assorted salads (V/VE) Side: Baguettes, Wholemeal or white bread roll Gluten free wraps available (V/GF) Fresh fruit pot, Jelly and Yoghurts(V/GF) Mid-morning snack Tray Bake =Lemon Drizzle cake (GF/DF Available)

Dairy and gluten free alternatives will be available daily

GF – Gluten Free V – Vegetarian Ve – Vegan