## LUNCH

201		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
לוני לוני	SOUP	Freshly made bread & soup of the day	Freshly made bread & soup of the day	Curried lentil soup Fresh wholemeal bread	Freshly made bread & soup of the day	Freshly made bread & soup of the day	Freshly made bread & soup of the day
	MAIN COURSE ONE	Chicken chow mien	Roast chicken leg	Turkey Schnitzel Provençale	Lasagne	Battered MSC pollock	Chicken korma
	MAIN COURSE TWO	Butternut squash gnocchi, spinach green pesto	Gammon	Avocado & tomato bruschetta, butterbean houmous	Vegetable lasagne	Cheese & onion pasty	Vegetable tikka
	ECO DISH	Eco Dish of the day	Butternut Risotto	Egg fried brown rice, chilli & soy		Battered Sausages	Eco Dish of the day
	ON THE SIDE	Broccoli Sugar snaps sweetcorn	Roast potatoes Green vegetables Carrots	New potato Broccoli sweetcorn	Broccoli Wedges Butternut squash	Chunky chips Mushy peas peas Curry sauce	Parmentier potatoes Sugar snaps Rice
	PASTA & JACKETS	2 pasta sauces	2 pasta sauces	WHOLEMEAL PASTA Quorn Bolognaise, Sunflower seed pesto	2 pasta sauces	2 pasta sauces	2 pasta sauces
	3. 3. 3. 3. 3. 3. 3. 3. 3. 3. 3. 3. 3. 3	Beans & cheese	Beans & cheese	Sweet Jacket potato Beans & cheese	Beans & cheese	Beans & cheese	Beans & cheese
4	HOT DESSERT	Victoria sponge	Sticky banana cake	Coconut rice pudding	Chocolate cake	Blueberry sponge	Lemon meringue cake
	COLD DESSERT	Tiramisu	Black forest cheesecake	Flapjack	Banoffee pots	Lemon posset shortbread biscuit	Mixed berry yoghurt pots
	CUT FRUIT	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits

## LUNCH

ارد اردارد		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
مستوسي	SOUP	Freshly made bread & soup of the day	Freshly made bread & soup of the day	Courgette & butterbean soup Fresh wholemeal bread	Freshly made bread & soup of the day	Freshly made bread & soup of the day	Freshly made bread & soup of the day
	MAIN COURSE ONE	Piri piri chicken, squash & lentil stew	Roast turkey	Thai spiced chicken thighs	Lasagne	Battered MSC pollack	Spaghetti meatballs
	MAIN COURSE TWO	Courgette, spinach & potato gratin	Roast pork loin	Eggs Florentine	Vegetable lasagne	Breaded halloumi with tomato & pineapple salsa	Cauliflower steaks & chimcurri
	ECO DISH	Eco Dish of the day	Beetroot & goats cheese wellington	Pastitsio		Chicken & mushroom pie	Eco Dish of the day
	ON THE SIDE	Rice Mang tout Kale	Roast potatoes Green beans Buttered carrots	New potato Blackened corn on the cob Honey roast parsnips	Broccoli Wedges Butternut squash	Triple cooked chips, Mushy peas Peas Curry sauce	Kale Courgette Corn on cob
	PASTA & JACKETS	2 pasta sauces	2 pasta sauces	WHOLEMEAL PASTA Quorn Bolognaise, Sunflower seed pesto	2 pasta sauces	2 pasta sauces	2 pasta sauces
		Beans & cheese	Beans & cheese	Sweet Jacket potato Beans & cheese	Beans & cheese	Beans & cheese	Beans & cheese
1	HOT DESSERT	Chocolate chip sponge	Carrot cake	Warm protein flapjack	Chocolate fudge cake	Pineapple upside down cake	Blueberry lemon cake
	COLD DESSERT	Trifle pots	Strawberry cheesecake	Greek yoghurt, chia seed crumble, blueberry compote	Chocolate mousse	Shrewsbury mess	Brownie & cream
	CUT FRUIT	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits

	المرابع المراب	MONDAY			
Control of the second	SOUP	Freshly made bread & soup of the day			
	MAIN COURSE ONE	Lamhmacun			
	MAIN COURSE TWO	Lentil Dahl			
	ECO DISH	Eco Dish of the day			
	ON THE SIDE	Cous cous Coleslaw mix Sugar snaps			
	PASTA & JACKETS	2 pasta sauces			
	TASIA & JACKETS	Beans & cheese			

## LUNCH

No.		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SOUP	Freshly made bread & soup of the day	Freshly made bread & soup of the day	Vegetable broth with pearl barley Fresh wholemeal bread	Freshly made bread & soup of the day	Freshly made bread & soup of the day	Freshly made bread & soup of the day
<i>=</i> †	MAIN COURSE ONE	Lamhmacun	Roast chicken leg	Dairy free chicken & chickpea curry	Lasagne	Battered MSC haddock with lemon wedges & tartare sauce	Spicy bean burger
	MAIN COURSE TWO	Lentil Dahl	Gammon	Roast red pepper & buffalo mozzarella Buckwheat bagel	Vegetable lasagne	Wild mushroom risotto	Minced beef pie with dumplings
	ECO DISH	Eco Dish of the day	Butternut Risotto	Chicken & chorizo Jambalaya		Battered sausages	Eco Dish of the day
	ON THE SIDE	Cous cous Coleslaw mix Sugar snaps	Roast potatoes Green vegetables Carrots	Brown rice Mange tout Roasted butternut squash	Broccoli Wedges	Chunky chips mushy peas Peas Curry sauce	Buttered potato Root vegetables Sweetcorn
	PASTA & JACKETS	2 pasta sauces	2 pasta sauces	WHOLEMEAL PASTA  Quorn Bolognaise, Sunflower seed pesto	2 pasta sauces	2 pasta sauces	2 pasta sauces
		Beans & cheese	Beans & cheese	Sweet Jacket potato Beans & cheese	Beans & cheese	Beans & cheese	Beans & cheese
	HOT DESSERT	Sticky toffee pudding	'Old school cake'	Carrot cake	Apple crumble	White chocolate blondie	Lemon meringue pie cake
	COLD DESSERT	Rocky road	Vanilla pannacotta	Bircher muesli pot	Sticky toffee pots	Chocolate orange pots	Jelly pots
	CUT FRUIT	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits