

## MONDAY

Planet Friendly Day

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### WEEK ONE

W/C  
4<sup>th</sup> November  
25<sup>th</sup> November  
16<sup>th</sup> December  
20<sup>th</sup> January  
10<sup>th</sup> February  
10<sup>th</sup> March  
31<sup>st</sup> March

Option one	Cheese and Tomato Pizza Slices (V)	BBQ Chicken and roast potatoes	Vegan Mince Cottage Pie (V)	Vegetable Pasta Bake (VE)	Fish fingers with chips
Option two	Chickpea Tagine with Cous-Cous (VE)	Classic Mac & Cheese (V)	Minced Beef Cottage Pie	Chicken Arrabiata Pasta	Vegetarian Sausages (VE)
Vegetables	Cauliflower (VE) Green Beans (VE) Tabbouleh Power Salad (VE)	Broccoli (VE) Sweetcorn (VE)	Carrots (VE) Cabbage (VE)	Roasted Peppers (VE) Green Beans (VE)	Peas (VE) Baked Beans (VE)
Dessert	Yoghurt and Fresh Fruit Station (V)	Yoghurt and Fresh Fruit Station (V)	Yoghurt and Fresh Fruit Station (V)	Yoghurt and Fresh Fruit Station (V)	Yoghurt and Fresh Fruit Station (V)

### WEEK TWO

W/C  
11<sup>th</sup> November  
2<sup>nd</sup> December  
6<sup>th</sup> January  
27<sup>th</sup> January  
24<sup>th</sup> February  
17<sup>th</sup> March

Option one	Golden Tortilla Stack with 50/50 Rice (V)	Vegetable Lasagna (VE)	Lentil Wellington with Skin on Potatoes (VE)	Vegetarian Sausages (VE)	Vegetarian Patties
Option two	Broccoli Pasta Bake (V)	Beef Lasagna	Roast Chicken, Skin on Roast Potatoes and Gravy	Chicken Sausages with Mash Potato & Gravy	Fish Fingers & Chips
Vegetables	Roasted Butternut Squash (VE) Broccoli (VE)	Sweetcorn (VE) Cauliflower (VE)	Roasted Parsnips (VE) Carrots (VE)	Red Cabbage (VE) Green Beans (VE)	Peas (VE) Baked Beans (VE) Roasted Veg Power Salad (VE)
Dessert	Eves Pudding with Custard (V)	Yoghurt and Fresh Fruit Station (V)	Yoghurt and Fresh Fruit Station (V)	Yoghurt and Fresh Fruit Station (V)	Yoghurt and Fresh Fruit Station (V)

### WEEK THREE

W/C  
18<sup>th</sup> November  
9<sup>th</sup> December  
13<sup>th</sup> January  
3<sup>rd</sup> February  
3<sup>rd</sup> March  
24<sup>th</sup> March

Option one	Mexican Bean Fajitas with 50/50 Rice (VE)	Spicy Bean Burger with Jacket Wedges (VE)	Spaghetti Bolognese	Roasted Vegetable Pizza	Glamorgan bean Sausages (V)
Option two	Chickpea & Vegetable Hot Pot with Mash Potato (VE)	Beef Burger with Jacket Wedges	Vegetarian spaghetti Bolognese (V)	Chilli Con Carne With 50/50 Rice	Fish Fingers and Chips
Vegetables	Roasted Peppers (VE) Green Beans (VE)	Sweetcorn (VE) Peas (VE)	Leeks (VE) Carrots (VE)	Broccoli (VE) Cauliflower (VE) Sweet Potato Power Salad (VE)	Peas (VE) Baked Beans (VE)
Dessert	Yoghurt and Fresh Fruit Station (V)	Apple & Raisin Strudel with Custard (V)	Yoghurt and Fresh Fruit Station (V)	Yoghurt and Fresh Fruit Station (V)	Fruit Jelly (V)

### MENU KEY

Added Plant Power Planet Friendly Option Wholemeal Vegan (VE) (V) Vegetarian

Available Daily: Freshly cooked jacket potatoes with a choice of fillings (V, VE) (where advertised) - Bread freshly baked on site daily (VE) - Daily salad selection (V, VE) - Fresh Fruit (VE) and Yoghurt (V) is available daily - Milk (V)

### ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

