

All our meat is farm assured from local suppliers, we use free range eggs, organic milk, pasta and flour. All of our fruit and vegetables are locally sourced where possible.

| Week 7 | Monday | Week 2  <br> Wuesday Wednesday |  | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From | Chicken Burger served in a wholemeal Bun with Chips and Salad | Cheesy Pasta Bake with Bacon, Broccoli and Parsley | Chicken Curry served with Basmati Rice | Steak Pie Served with Mashed potato and Carrots | Sausage and Chips with Beans |
| Alternative <br> Jacket Potatoes with Tuna and other Fillings Available Daily | Twice Baked Jackets | Cheese and Tomato Quesadillas | Veggie Sausage Toasties | Pesto Pasta | Veggie Rolls or Fish Fingers |
| Homemade Soup | Chef Choice | Chef Choice | Chef Choice | Chef Choice | Chef Choice |
| Starchy Food <br> Various Bread Choices Available | Burger Bun | Pasta | Basmati Rice | Potato | Chips |
| Vegetables <br> Salad Bar with Hummus | Cucumber/Tomato | Broccoli | Hidden Veg | Cauliflower | Baked Beans |
| Dessert <br> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time | Chocolate Sponge with Ice Cream Fresh Fruit | Iced Cherry Flapjacks <br> Fresh Fruit | Fresh Fruit Salad <br> Yoghurts | Shortbread Biscuits <br> Fresh Fruit | Cheese and Crackers <br> Fresh Fruit |

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