

**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

Roasted Cauliflower  
Curry & 50/50 Rice (VE) 


BBQ Chicken and New  
Potatoes


Glamorgan Bean  
Sausages with Jacket  
Wedges and Gravy (V)

Lentil and Roasted  
Vegetable Pasty with  
Mash & Gravy (VE) 

 Mexican Bean Fajitas  
with chips 

Option two

Chickpea Tagine with Rice  
(VE) 

Cheese and Tomato  
Pizza with New Potatoes  
(V) 

 Minced Beef  
Cottage Pie

Chicken Arrabiata Pasta

Fishfingers and Chips

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

Pear Crumble with  
Custard (V) 

Yoghurt and  
Fresh Fruit Station (V)

Mandarin Cheesecake  
(V)


Banana Loaf (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

Creamy Coconut and  
Chickpea Curry with Rice  
(VE) 


Vegetable Lasagne 

Hearty Spaghetti  
Bolognese  
(VE) 

Lentil Wellington with  
Jacket Potato  
Wedges (VE) 

Caribbean Butterbean  
Stew with Rice and Peas  
(VE) 

Option two

Broccoli Pasta Bake (V) 

 Beef Lasagne

Roast Chicken, Skin on  
Roast Potatoes and Gravy

Beef Burger with Jacket  
Potato Wedges

Battered Fish & 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)

Pear & Ginger Slice (V)

Yoghurt and  
Fresh Fruit Station (V)

5 A Day Cake (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

Classic Mac & Cheese  
(V)


Spicy Bean Burger with  
Jacket Wedges (VE) 

Jollof Rice, Quorn &  
Beans (V)

Soya Chilli with  
50/50 Rice (V) 



Mexican Enchiladas  
and Rice (V)

Option two

Chickpea & Vegetable  
Hot Pot with  
Mash Potato (VE) 

 Chicken Tagine  
with Pasta

Roast Turkey, Mashed  
Potatoes and Gravy

 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)


Peach Upside Down Cake  
with Custard (V)

Rice Pudding with Fruit  
Compote (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.