

	Chinese Day				
	Monday	Tuesday	Wednesday	Thursday	Friday
Crudités	Mange Tout and Baby Corn	Cucumber and Red Pepper	Carrot Batons and Celery Sticks	Yellow Pepper and Cucumber	Green Pepper and Carrot Batons
Bread Du Jour	Locally Baked Bread	Locally Baked Bread	Locally Baked Bread	Locally Baked Bread	Locally Baked Bread
Main	Sweet and Sour Pork with Egg Noodles, Vegetable Spring Rolls and Prawn Crackers	Baked Chicken Fillet with Home Made BBQ Sauce on the side	Beef Lasagne with Herb and Garlic Bread	Roast Pork with Apple and Herb Stuffing	Battered Sustainable Fish with Dill and Mustard Sauce
Vegetarian	Vegetable Stir Fry	Creamy Mushroom Stroganoff	Spinach and Roast Pepper Lasagne	Pesto and Goats Cheese Tortelloni in a Tomato Sauce	Pepper and Sweetcorn Potato Boats
Jacket	Chilli Con Carne		Chinese Chicken		Pepperoni in Tomato Sauce
Soup				Carrot and Coriander	
Pasta		Three Cheese		Tomato and Basil	
Vegetable	Sliced Green Beans	Peas and Sweetcorn	Steamed Broccoli Florets	Steamed Carrot Batons	Minted Peas
Vegetable	Steamed Sliced Carrots	Baked Beans	Ratatouille	Kale	Baked Beans
Potato	Roasted Diced Potatoes	Sliced Sauteed Potatoes	Sweet Potato Mash	Sage & Garlic Roasties	French Fries
Every Day Salads	Mixed leaves, sliced tomato, carrot batons, cucumber slices	Mixed leaves, grated carrot, sliced cucumber, tomato wedges	Mixed leaves, sliced tomatoes, carrot batons, chunky cucumber	Mixed leaves, chunky tomatoes, grated carrots, cucumber slices	Mixed leaves, carrot batons, chunky cucumber, sliced tomatoes
Protein	Grated Cheese	Grated Cheese	Grated Cheese	Sliced Ham	Grated Cheese
Composite	Tuna Nicoise	Mozzarella, Black Olive, Rocket	Classic Caesar	Greek Salad	Superfood
Dressings	Minimum of 2 dressings, chilli flakes, pumpkin seeds, sunflower seeds	Minimum of 2 dressings, chilli flakes, pumpkin seeds, sunflower seeds	Minimum of 2 dressings, chilli flakes, pumpkin seeds, sunflower seeds	Minimum of 2 dressings, chilli flakes, pumpkin seeds, sunflower seeds	Minimum of 2 dressings, chilli flakes, pumpkin seeds, sunflower seeds
Hot Dessert/ Cold Dessert	Flapjack with Custard	Marble Cake with Chocolate Sauce	Cranberry and Apricot Granola Bar	Peach and Chocolate Muddle Pudding with Cream	Steamed Sticky Syrup Sponge with Custard
Cold Dessert	Mini Lemon Meringue Pots	Apple and Cinnamon Crunch	Blackcurrant Jelly	Banana Shortbread Sundae	Fruit Salad
Cut Fruit	Apple and Banana	Honeydew Melon	Pear and Satsumas	Watermelon	