

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1 RED BAND	Beef style Quorn bolognese with pasta and garlic bread (v)	Roast chicken with gravy & mashed sweet potato	Steak pie & mashed potato	Chicken curry and boiled rice	Breaded fish & chips or boiled potatoes
Option 2 GREEN BAND	Chicken burger in a bun with oven baked potato wedges	Cowboy beans with Quorn sausages & oven baked diced potatoes (v)	Mixed pepper pasta (v)	Quorn sausage roll with mashed potato & baked beans (v)	Broccoli & cauliflower pasta bake (v)
Option 3 Baked potato with filling YELLOW BAND	Hot filling: Beef style Quorn bolognese (v) or Cold Fillings	Hot filling: Baked beans (v) or Cold Fillings	Cold fillings	Hot filling: chicken curry or Cold Fillings	Cold fillings
Option 4 Winter Snack 2 Go BLUE BAND	Children can choose a filled sandwich plus a choice of chilled drink, with either the soup or dessert of the day.				
+Soup or +Dessert of the day	Lentil soup (v)	Chicken noodle soup	Yellow split pea soup (v)	Lentil soup (v)	Vegetable soup (v)
+Dessert or + Soup of the day	Apple crumble and custard	Chocolate iced sponge and custard	Creamed rice and fruit	Caramel shortcake and custard	Jelly and fruit

WEEK 1: Menu available on the following dates: Week beginning 19th October; 9th November; 30th November; 21st December; 18th January; 8th February; 29th February; 21st March

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1 RED BAND	Macaroni cheese with oven baked potato wedges (v)	Roast beef with Yorkshire pudding & baby jacket potatoes	Mince & mashed potato	Chicken style Quorn tikka and boiled rice (v)	Breaded fish & chips or boiled potatoes
Option 2 GREEN BAND	Fish fingers* with mashed potato	Cheese & tomato pizza slice with tomato pasta (v)	Pasta in tomato sauce (v)	Beef burger in a bun with oven baked potato wedges	Baked beans & toast (v)
Option 3 Baked potato with filling YELLOW BAND	Cold fillings	Cold fillings	Cold fillings	Hot filling: Chicken style Quorn tikka (v) or Cold Fillings	Hot filling: Baked beans (v) or Cold Fillings
Option 4 Winter Snack 2 Go BLUE BAND	Children can choose a filled sandwich plus a choice of chilled drink, with either the soup or dessert of the day.				
+Soup or +Dessert of the day	Potato and leek (v)	Lentil soup (v)	Cream of chicken soup	Lentil soup (v)	Vegetable soup (v)
+Dessert or + Soup of the day	Eve's pudding and custard	Iced gingerbread and custard	Swiss roll and custard	Meringue nest and winter fruits	Raspberry ripple mousse

WEEK 2: Menu available on the following dates: Week beginning 26th October; 16th November; 7th December; 4th January; 25th January; 15th February; 7th March; 28th March *Salmon fish fingers- a good source of omega 3

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1 RED BAND	Chicken curry and boiled rice	Sausages & gravy with baby boiled potatoes (v - version available)	Beef style Quorn lasagne with garlic bread (v)	Steak pie & mashed potato	Breaded fish & chips or boiled potatoes
Option 2 GREEN BAND	Beef style Quorn burger in a bun with coleslaw & baby boiled potatoes (v)	Chicken Tikka in a pitta pocket with salad	Cheese pizza oven baked potato wedges (v)	Vegetable curry with boiled rice (v)	Cheese toastie with coleslaw & salad (v)
Option 3 Baked potato with filling YELLOW BAND	Hot filling: Chicken curry or Cold Fillings	Cold fillings	Cold fillings	Hot filling: Vegetable curry (v) or Cold Fillings	Cold fillings
Option 4 Winter Snack 2 Go BLUE BAND	Children can choose a filled sandwich plus a choice of chilled drink, with either the soup or dessert of the day.				
+Soup or +Dessert of the day	Lentil soup (v)	Cream of tomato soup (v)	Lentil soup (v)	Chicken and rice soup	Vegetable soup (v)
+Dessert or + Soup of the day	Iced sponge and custard	Apple pie and custard	Carrot cake and cream	Banoffee pie and custard	Arctic roll

WEEK 3: Menu available on the following dates: Week beginning 2nd November; 23rd November; 14th December; 11th January; 1st February; 22nd February; 14th March

- Option 1 RED BAND** + Soup or Dessert or Fruit & Yoghurt £1.80
- Option 2 GREEN BAND** + Soup or Dessert or Fruit & Yoghurt £1.80
- Option 3 Baked Potato with filling YELLOW BAND** + Soup or Dessert and a drink for £1.80 - Cold Fillings for baked potatoes include Tuna Mayo, Cheese, Coleslaw
- Option 4 Winter Snack 2 Go BLUE BAND** Sandwich + Soup or dessert and a drink for £1.80 - Cold Fillings for sandwiches include Tuna Mayo, Cheese, Chicken and Gammon

✓ **All children get a choice of seasonal vegetables or fresh salad with each option**

✓ **All free meals are entitled to a free milk**

✓ **Free bread and Water provided**

